



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective April 2nd-May 28th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Zumba (Anita) 6:15-7:15am P		Aqua Zumba (Anita) 6:15-7:15am P		Aqua Zumba (Anita) 6:15-7:15am P	20/20/20 (Leah/Lanita) 8:15-9:15am AS
SilverSneakers® Classic (Chris) 8:30-9:25am AS	Tai Chi (Rita) 8:30-9:25am AS	SilverSneakers® Classic (Chris) 8:30-9:25am AS	Tai Chi (Rita) 8:30-9:25am AS	Tai Chi (Pat) 8:30-9:25am AS	POUND® (Marcey) 9:30-10am AS
Aquacise (Connie) 9:45-10:30am P	Aquacise (June) 9:30-10am P	Aquacise (Connie) 9:45-10:30am P	Aquacise (June) 9:30-10am P	Aquacise (Connie) 9:45-10:30am P	Hip Hop (Marcey) 10-11am AS
TurboKick™ (Trina) 10-10:45am AS					
Pilates (Trina) 10:45am-11:15am AS	SilverSneakers® Splash (Jennifer) 10:15-11am P		SilverSneakers® Splash (Jennifer) 10:15-11am P		SUNDAY
Tai Chi (Pat) 11:30am-12:25pm AS	MIXXEDFIT™ (Teaya) 10:30-11:25am AS				20/20/20 (Leah) 2:15-3:15pm AS
					MIXXEDFIT™ (Maria) 3:30-4:25pm AS
Cycle (Ambe') 5:15-6:15pm AS		20/20/20 (Leah) 5:30-6:25pm AS			
Aquacise (Pat/Gerry) 5:30-6:15pm P	Strength Circuit (Sewa) 5-5:55pm AS	Aquacise (Pat/Gerry) 5:30-6:15pm P		Aquacise (Pat/Gerry) 5:30-6:15pm P	
FAMILY Zumba® Fitness (Sammie) 6:30-7:25pm AS	Rhythm & Sweat™ (Leah) 6:00-7:25pm AS	POUND® (Marcey) 6:30-7:00pm AS	Rhythm & Sweat™ (Leah) 6:30-7:25pm AS	**FAMILY** Rhythm & Sweat (Rose) 6:30-7:30pm AS	
		Hip Hop (Marcey) 7:00-8:00pm AS			
AS Aerobic Studio	MPR Multi-Purpose Room	P Pool	FAMILY= Kid Friendly	G Gym	Last updated 3/27/2017

Questions or feedback contact Leah Mayhue-Dale, Group Exercise Lead via email ldale@metoymca.org or call 402-453-8903

DESCRIPTIONS

AQUA CLASSES

Aquacise is a moderately high aerobics workout without impact without on the joints. Develop increased muscular tone and flexibility. No swimming experience required.

Aqua Zumba® is a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense.

ACTIVE OLDER ADULT CLASSES

SilverSneakers Splash® activates your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SilverSneakers Classic® allows you to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

CARDIO CLASSES

Turbokick™ Intense kickboxing + dance moves = Turbokick! The ultimate cardio challenge that is super high energy and set to motivating music to enhance the fun factor.

POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and isometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Cycle gives an aerobic workout that's easy on your joints. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. All levels are welcome. Great music, great fun, lots of sweat!

(CARDIO CLASSES Continued)

Rhythm and Sweat™ is a dance fitness based format that will help you burn that fat and tone those muscles. Concentrating on toning jumping jacks, body rolls, squats, dumbbells and droppin it low.....Get ready to sweat!

Hip Hop gets you moving to the rhythm of hip-hop and dance music. Have fun while getting a great workout to old-school and today's hits. The perfect combination of dance and fitness to get your heart racing.

MIXEDFIT® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive.

Zumba® Fitness We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

MIND/BODY CLASSES

Moving for Better Balance/Tai Chi cares for your body, mind and spirit with Tai Chi. This Chinese martial art is known for its health benefits and as a means for dealing with stress. You'll work on relaxation, fluid movements, strength, coordination, balance and breathing. Flowing postures blend elements of physical exercise and relaxation.

STRENGTH CLASSES

Strength Circuit is the workout for you! Enjoy a circuit workout that is great for all levels. Activities include speed and agility drills, athletic step, running/power walking, jump rope, abs and stretching.

20/20/20 increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenge, this is the class for you. This is a great strength and aerobic workouts!