



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast YMCA 3501 Ames Ave

Effective May 30th through September 3rd, 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	P90X®LIVE (Kristopher) 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	Hip Hop (Marcey) 9:30-10:25am 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	
Zumba Gold® (Trina) 9:30-10:25am AS	SilverSneakers® Splash (Jennifer) 10:15-11am P		SilverSneakers® Splash (Jennifer) 10:15-11am P		
Tai Chi (Pat) 11:00-11:55am AS	MIXXEDFIT™ (Teaya) 10:30-11:25am AS	GENTLE Deep Stretch (Trina) 11:15-12:00pm AS			SUNDAY
					20/20/20 (Leah) 2:15-3:15pm AS
					MIXXEDFIT™ (Maria) 3:35-4:30pm AS
Strong by Zumba ® (Leah) 5:30-6:25pm AS	Cycling (Ambe') 5:30-6:15pm AS	20/20/20 (LaNita) 5:30-6:25pm AS	Strong by Zumba ® (Tena) 5:30-6:25pm AS		
Aquacise (Pat/Gerry) 5:30-6:15pm P		Aquacise (Pat/Gerry) 5:30-6:15pm P		Aquacise (Pat/Gerry) 5:30-6:15pm P	
FAMILY MIXXEDFIT™ (Sammie) 6:30-7:25pm AS	Rhythm & Sweat™ (Leah) 6:00-7:25pm G	POUND® (Marcey) 6:30-7:00pm AS	Rhythm & Sweat™ (Leah) 6:30-7:25pm AS	**FAMILY** Rhythm & Sweat™ (Rose) 6:30-7:25pm 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 5/17/2017

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.

Zumba Gold. * Perfect For. Active older adults who are looking for a modified **Zumba®** class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow **Zumba®** choreography that focuses on balance, range of motion and coordination.

CARDIO CLASSES

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.

MIND/BODY CLASSES

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.

GENTLE Deep Stretch incorporates breath work and longer holds to help improve flexibility. This class is ideal for students of all levels who are particularly tight or recovering from injuries.

STRENGTH/CARDIO COMBO CLASSES

20/20/20 20 minutes of cardio, weights and abs/core each! This class 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!

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.