



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective JULY 7 -SEPTEMBER 3, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise (Anita) 6:15-7:15am P		Aquacise (Anita) 6:15-7:15am P		Aquacise (Anita) 6:15-7:15am P	
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	Dance Fitness (Marcey) 9-9:55am 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	P90X@LIVE (Kristopher) 10-10:55am AS
	SilverSneakers® Splash (Jennifer) 10:15-11am P		SilverSneakers® Splash (Jennifer) 10:15-11am P		SUNDAY
		GENTLE Deep Stretch (Trina) 11:15-12pm			
Strong by Zumba® (Leah) 5:30-6:25pm AS	Cycle (Ambe) 5:30-6:25 pm 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	
MIXXEDFIT™ (Sammie) 6:30-7:25pm AS	Rhythm & Sweat™ (Leah) 6:15-7:45pm G	Pound® (Marcey) 6:30-7:00pm AS	Rhythm & Sweat™ (Leah) 6:30-7:25pm AS		
		Dance Fitness (Marcey) 7:00-8:00pm AS			
AS Aerobic Studio	G Gym	P Pool			Last updated 7/7/2017

Questions or feedback contact Lindy Pflugsten, Executive Director via email lpflugsten@metroymca.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.

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.

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.

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!

Rhythm and Sweat™ is a new dance fitness based format that will help you burn that fat and tone those muscles. Jumping jacks, dumbbells, body rolls and drop-in it low.....Get ready to sweat in this class!

Dance Fitness 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.

MIXXEDFIT® 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

GENTLE Yoga provides the same teachings and benefits as yoga but with less strain on the joints. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Perfect for yoga beginners, those recovering from surgery and active older adults.

STRENGTH CLASSES

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!