



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective SEPTEMBER 5, 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	P90X@LIVE (Kristopher) 9-9:55am 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	danceFit (Marcey) 10-10:55am 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	
	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	Cycling (Ambe) 5:30-6:25 pm AS	20/20/20 (Lanita) 5:30-6:25pm AS	STRONG by Zumba@ (Leah) 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) 6:45-7:45pm AS	POUND@ (Marcey) 6:30-7:00pm AS	Zumba@ (Leah) 6:30-7:25pm AS	Rhythm & Sweat™ Family (Rose) 6:30-7:25pm AS	
		DanceFit (Marcey) 7:00-8:00pm AS			
AS Aerobic Studio		P Pool			Last updated 8/30/2017

Questions or feedback contact Lindy Pfungsten, Executive Director via email lpfungsten@metroymca.org or call 402-453-8903

DESCRIPTIONS

AQUA CLASSES

Aquacise-This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

SilverSneakers® Splash Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

CARDIO CLASSES

POUND® POUND(R) class instructs participants to use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and Pilates-inspired movements. You will sweat, squat, and pound your way through this energetic class.

Cycling- Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, and flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

Rhythm and Sweat™ Rhythm & Sweat is a dance fitness program format that will help you burn fat and tone muscles. This class incorporates jumping jacks, body rolls, squats and dumbbells to create a well-rounded workout.

MIXXEDFIT®-MIXXEDFIT ® uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create a great workout.

danceFit uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

MIND/BODY CLASSES

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

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 challenged, this is the class for you. This is a great strength and aerobic workout.

P90X @ LIVE-P90X LIVE helps participants transform their bodies with a variety of strength-training moves, cardio conditioning, and core work. This class will be challenging but instructors can offer modifications for all levels.

STRONG by Zumba® -STRONG by Zumba(R) combines body weight strength training, cardio, and plyometric training moves and syncs them to original music to help push you to the end of every class.

ACTIVE OLDER ADULT CLASSES

SilverSneakers @Classic Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

Tai Chi-Tai Chi generates and circulates vital energy around the body by following certain principles of movement, posture and breathing. It improves the circulation of blood and brings about a balance of "chi" (vital energy) around the body. Tai Chi opens joints, relaxes muscles, flexes tendons and ligaments, eases tension, strengthens and energizes the organs, resulting in a healthier body and a stage of relaxation.