



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective January 2, 2018

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	danceFit (Marcey) 8:30am-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	
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
					MIXXEDFIT™ (Sammie) 4:00-4:45pm AS
Pool, Steam Room and Sauna Closed 1-3pm	Pool, Steam Room and Sauna Closed 1-3 pm	Pool, Steam Room and Sauna Closed 1-3 pm	Pool, Steam Room and Sauna Closed 1-3pm	Pool, Steam Room and Sauna Closed 1-3pm	
Aquacise (Pat/Gerry) 5:30-6:15pm P		Aquacise (Pat/Gerry) 5:30-6:15pm P		Aquacise (Pat/Gerry) 5:30-6:15pm P	
Cycling 101 (Ambe) 5:45-6:00 pm AS	STRONG by Zumba® (Leah) 5:30-6:25pm AS	Cycling (Lanita) 5:20-6:05pm AS	20/20/20 (Rose) 5:20-6:05pm AS		
Cycling (Ambe) 6:00-6:45 pm AS		POUND® (Marcey) 6:10-6:40pm AS			
	Rhythm & Sweat™ (Leah) 6:30-7:25pm AS	danceFit (Marcey) 6:45-7:25pm AS	Rhythm & Sweat™ Family (Alethea) 6:30-7:25pm AS		
Child Watch open 5:25-7pm	Child Watch open 5:25-7:30pm	Child Watch open 5:15-7:30pm	Child Watch open 5:25-7:30pm		
AS Aerobic Studio		P Pool		New Time New Class New Day	Last updated 12/18/2017

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 101- Learn how to set-up your bike and get the most of your workout. This 15 minute introductory class will assist you with set-up, how to get the most of your workout and get you adjusted to the bike. When you are ready for the next step, stay for the Cycling class that follows this introductory 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 danceFit is a great aerobic workout that puts a dance spin on conventional fitness moves. Whether you have two left feet or are a seasoned dancer, this addictive workout is a great way to have fun and get in shape. This class is designed to bring you the best all over body workout while moving to a mix of old-school jams and the latest chart-topping hits to get your heart pumping. The intensity can be

adjusted by modifying moves to fit your body's needs and abilities. Get fit, get toned, make friends and have fun.

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.

STRONG by Zumba® -STRONG by Zumba® 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.