



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective January 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aquacise</b> (Anita) 6:15-7:15am P		<b>Aquacise</b> (Anita) 6:15-7:15am P		<b>Aquacise</b> (Anita) 6:15-7:15am P	<b>danceFit</b> (Marcey) 8:30am-9:15am AS
<b>SilverSneakers@ Classic</b> (Chris) 8:30-9:25am AS	<b>Tai Chi</b> (Rita) *(V) 8:30-9:25am AS	<b>SilverSneakers@ Classic</b> (Chris) 8:30-9:25am AS	<b>Tai Chi</b> (Rita) *(V) 8:30-9:25am AS	<b>Tai Chi</b> (Pat) 8:30-9:25am AS	
<b>Aquacise</b> (Connie) *(V) 9:45-10:30am P	<b>Aqua Joints</b> *(V) 9:30-10am P	<b>Aquacise</b> (Connie) *(V) 9:45-10:30am P	<b>Aqua Joints</b> *(V) 9:30-10am P	<b>Aquacise</b> (Connie) *(V) 9:45-10:30am P	
	<b>SilverSneakers@ Splash</b> (Jennifer) 10:15-11am P	<b>Stretch, Strength &amp; Core</b> (Kino) <b>11:00am-11:45pm</b>	<b>SilverSneakers@ Splash</b> (Jennifer) 10:15-11am P		<b>SUNDAY</b>
					<b>MIXXEDFIT™</b> (Sammie) 4:00-4:45pm AS
<b>Pool, Steam Room and Sauna Closed 1-3:30pm</b>	<b>Pool, Steam Room and Sauna Closed 1-3:30 pm</b>	<b>Pool, Steam Room and Sauna Closed 1-3:30 pm</b>	<b>Pool, Steam Room and Sauna Closed 1-3:30pm</b>	<b>Pool, Steam Room and Sauna Closed 1-4pm</b>	
<b>Aquacise</b> (Pat/Gerry) *(V) 5:30-6:15pm P		<b>Aquacise</b> (Pat/Gerry) *(V) 5:30-6:15pm P		<b>Aquacise</b> (Pat/Gerry) *(V) 5:30-6:15pm P	
<b>Stretch, Strength &amp; Core</b> (Kino) <b>5pm-5:45pm</b>	<b>Cycling</b> (Ambe) 5:15pm-5:50pm	<b>Cycling</b> (Lanita) 5:20-6:20pm AS			
<b>Cycling</b> (Ambe) 6:00-6:45 pm AS	<b>Rhythm &amp; Sweat™</b> Rose 6:00pm-6:45pm	<b>DanceFit</b> (Marcey) 6:30pm-7:25pm AS	<b>Zumba @/African Rhythms</b> (Alethea) 6:30-7:25pm AS		
<b>Child Watch</b> open 5:25-7pm	<b>Child Watch</b> open 5:25-7:30pm	<b>Child Watch</b> open 5:25-7:30pm	<b>Child Watch</b> open 5:25-7:30pm		
<b>AS</b> <b>Aerobic Studio</b>	<b>*(V)</b> <b>Volunteer Led</b>	<b>P</b> <b>Pool</b>	<b>Provisional</b>	<b>New Time</b> <b>New Class</b> <b>New Day</b>	<b>Last updated</b> <b>12/28/18</b>

## **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**

**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.

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

**Stretch & Strength** uses a variety of weight, resistance, core and static stretching to increase physical strength and increase flexibility. This class focuses on keeping you safe while challenging your body to stay strong. Modifications are made for every fitness level.

**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.

**Zumba®** is a cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all too incredible music with moves that are easy to learn

**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.

### **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®** - 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.