

Water Classes

Water exercise is for everyone! Training in the pool is great for that everyday workout, cross-training, recovery days and injury recovery. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program, as well as pre-and post-natal exercise and sports training. Each class incorporates a warm-up, cardiovascular work, muscle strengthening, stretching and cool-down, with or without water equipment. Please shower before entering the pool. *Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

Class Descriptions

Water Fit Shallow: This class is performed in the shallow end of the pool and will include low impact, high intensity exercises.

Water Fit Combo: Get the benefits of both worlds by utilizing both the shallow and deep ends of the pool in this exciting class. Try this class and add some variety to your workout. Aqua belts and resistance tools are used as needed for floatation assistance.

Water Fit Pilates: Strengthen your core and stretch tight muscles in this Pilates-influenced water exercise class.

Water Fit Deep: Maximize your cardio workouts and improve your strength with this high energy, deep-water workout. Aqua belts and resistance tools will be used as needed for floatation assistance.

Water Fit Walk & Tone: Drop in for some water walking, toning, stretching and flexibility exercises designed to increase range of motion, reduce stress on joints, relax tense aching muscles and soothe the mind.

Fit for Life H2O: The perfect place to start an exercise program due to the no- or low- impact buoyancy factor that offers natural resistance from the water. (50+)

| Time | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------|--------------------------------|---|-----------------------------|---|-----------------------------|---|-----|
| 5:45 am-6:45 am | Water Fit Deep Amy W. | 5:30-6:15 am Water Fit Deep Melissa | Water Fit Deep Amy W. | 5:30-6:15 am Water Fit Deep Melissa | Water Fit Deep Amy W. | | |
| 8:00 am-8:45 am | Water Fit Pilates Carrie | Water Fit Shallow Pat | Water Fit Pilates Carrie | Water Fit Shallow Linda | Water Fit Pilates Carrie | Water Fit Combo Pat/Dianne/ Linda | |
| 11:00-11:45 am | Water Fit Walk & Tone Linda | | | | | | |
| 12:00-12:45 pm | Fit For Life H2O Mary M. | Water Fit Shallow Linda | Fit For Life H2O Sara S. | | Fit For Life H2O Ronicka | | |
| 5:30-6:15 pm | Water Fit Deep Lacey | | Water Fit Deep Debbie C. | | Water Fit Shallow Lacey | | |
| 6:30 pm-7:15 pm | | Water Fit Shallow Pat | | Water Fit Shallow Ronicka | | | |



Group Exercise

Spring 2012

Effective April 1, 2012

Contact Information

Amy Shanahan
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Cycling Classes

This is an anaerobic and aerobic workout on indoor stationary bikes, that simulate outdoor bikes, in a class atmosphere. There is a limited number of bikes, so please arrive early to secure your bike.

*Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

Class Descriptions

Begin Group Cycling: This class is a lower intensity ride that is geared toward the beginner cyclist, however, it can be modified for intermediate and advanced riders or for your recovery day.

Group Cycling: This is a 40-45 minute class. These classes are designed for all fitness levels.

Advanced Group Cycling: This 60+ minute class will push you a little more by adding an extra 20+ minutes to your ride. This class can be modified for all fitness levels.

Open Ride: Join us anytime during this 2-hour time slot and ride at your own pace. This is a non-instructional ride where participants can do their own workout in our cycling studio. Bring your own music player and headphones or chat with other riders while you workout. (Offered fall & winter only)

Cooper Y

| Time | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------------------|--|-----------------------------------|--------------------------------------|-----------------------------------|------------------------------------|--|---|
| 5:45 am-6:30 am | Group Cycling Hallie | 5:30-6:15 Group Cycling Kim | Group Cycling Becky D. / Tanya | 5:30-6:15 Group Cycling Kim | Group Cycling Becky M. | | |
| 9:15 am-10:00 am | Group Cycling Mary W./Julie | Group Cycling Noelle | Group Cycling Debbie | Group Cycling Tallie | Adv. Cycling Noelle/ Salissa | 9:00-9:45 am Group Cycling Noelle/Becky D. | 11:30-12:30 Adv. Cycling Michelle B./ Alyssa |
| 1:05-1:45 PM | Group Cycling Mary M. | | Group Cycling Mary M. | | Group Cycling Jill | | |
| 5:30 pm-6:15 pm | Group Cycling Lisa W. | Group Cycling Megan | Group Cycling Michelle B. | Group Cycling Lisa W. | | | |
| 6:30 pm-7:15 pm | Begin Group Cycling Lisa W. 6:30-7:00 | Group Cycling Megan | Group Cycling Michelle B. | Group Cycling Sara A. | | | |

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225

Land Classes

With a variety of formats including cardio based, mind-body, dance and strength training, we've got something for everyone! Members of all fitness levels are encouraged to join these classes.

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Class Descriptions

Boot Camp: You won't find any dance moves in this high intensity, sweat-inducing workout. If you are up for the challenge, join us for conditioning drills, high intensity cardio and strengthening exercises. Modifications offered for beginning/intermediate.

Cardio Blast: Break through those exercise plateaus or try something new with this heart pounding cardio class. You'll never be bored as you are lead through different cardio formats including step, kickboxing and circuit.

Core & More: A class focused on strengthening the abdominals, lower back and gluteals using a variety of equipment.

Fit For Life Strength: Have fun and move to the music through a variety of seated chair exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, tubing with handles and a ball are used for resistance. (50+)

Interval Training: This high-intensity class is a mix of strength training with short cardio intervals. Modifications can be made for beginners and advanced exercisers alike. Try it for a new change in your routine!

Jump Rope: Go back to the basics, grown-up style, with this jump rope interval class. A mix of jump rope cardio exercise intermixed with resistance exercises.

Kick Boxing: Join us for a combination of a powerful upper body workout of punches and lower body explosion of kicks. Classes will include simple combinations and basic cardio moves to keep your heart pumpin'. Ending with a short abs and back section, this is a great cardio and strength workout!

Power Pump: A motivating, challenging, strength training class set to music. Tone and strengthen your body in a fun class setting utilizing high repetitions and low weight.

Stairs Workout: Stair running and more. Join us in the studio designated on the schedule for a warm up, followed by running drills utilizing the stairs in the building. Due to space availability, participation in this class may be limited.

Step: A high energy, cardiovascular step workout with challenging choreography. The cardio portion will be followed by a muscle toning and strengthening section targeting all major muscle groups.

Strength Circuit: A strength training class focusing on low repetitions, heavier weight with a lot of variety to keep those muscles guessing what is coming next. Great for those wanting a challenge or change in routine.

Tai Chi: Tai Chi promotes serenity by connecting the mind and body through gentle movements often described as "meditation in motion". Reduce stress and improve your health with the slow, graceful movements flowing from one to another without a pause.

Treadmill +: Meet us in the cardio area for this motivating instructor-lead workout on the cardio machines. Even if you prefer the bikes or ellipticals, you can still follow the workout. If you are short on time or feel your cardio machine workouts are stale, this is the class for you!

Turbo Kick@: Turbo Kick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength/endurance training and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment.

Workout Express: In a hurry? Join us at your convenience during either of the 30-minute back-to-back sessions. Participants will be challenged each day to a different combination of activities; treadmills, gym sprints, boot camp, core and more. Great for a quick lunch-hour workout!

Yoga: Free your spirit, calm your mind, and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

Yoga for Athletes: This yoga class will help you take your sport to the next level by strengthening your muscles through body weight training utilizing yoga poses and transitions. Yoga practice will help you identify areas of muscle imbalance and tightness, and provide you with poses to improve symmetry and flexibility. If you are a runner or cyclist, this class is for you.

Yoga Meltdown: An intermediate to advanced yoga class flowing quickly from one pose to another with a final hold of each pose after several repetitions. Burn more calories and get your heart rate up as you strengthen your body and stretch the muscles.

Yoga Power: If you are ready to take your yoga routine to the next level, this is the class for you. Challenge yourself through this intermediate to advanced class.

Zumba@: Want to lose inches from your waistline? Love to learn new dance steps? This is the class for you! Latin dance moves will whittle your waist as you move and groove to fun, motivating music.

Zumba Toning@: Love Zumba and looking for a little extra fun? Zumba toning combines the latin moves from Zumba with toning exercises to add a little more challenge to the dance party.

Class Schedule

| Time | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------------------|---|---|--|--|--|---|--|
| Early A.M. | 5:30-6:30 am Boot Camp Kim Studio A | 5:15-5:40 am Jump Rope Hallie Studio A 5:45-6:30 am Pilates Hallie Studio A | **New Class** 5:00-5:40 am Yoga Tanya Studio B 5:15-6:00 am Treadmill+ Hallie Cardio Area | 5:15-5:40 am Stairs Workout Hallie Studio A 5:45-6:30 am Pilates Hallie Studio A | 5:30-6:30 am Boot Camp Kim Studio A | | |
| 8:15-9:10 am | Power Pump Mary W./Julie Studio A | | Power Pump Cheryl Studio A | 9:00-9:40 am Strength Circuit Judy/Lisa Studio A | Power Pump Mary R./Debbie Studio A | 8:45-10:00am Yoga Reesa Studio B | |
| 9:15-10:10 am | Cardio Blast Tallie Studio A Yoga Power Reesa Studio B | Step Debbie Studio A 9:15-10:30 am Yoga Power Reesa Studio B | Boot Camp Tallie Studio A Yoga Flow Mary R. Studio B | 9:15-10:30 am Yoga Meltdown Reesa Studio B 9:45-10:30 am Zumba Debbie Studio A 9:45-10:45 am Treadmill+ | Boot Camp Mary W./Judy F. Studio A Yoga Debbie Studio B | 9:00-10:25 am Debbie Studio A Class rotates each week: 4-7 Step 4-14 Zumba toning 4-21 Step 4-28 Zumba toning 5-5 Step 5-12 Zumba toning 5-19 Step 5-26 Zumba toning 6-2 Step 6-9 Zumba toning 6-16 Step 6-23 Zumba toning 6-30 Step | |
| 10:15-11:10 am | Power Pump Tallie Studio A 10:15-11:00 am Core & More Noelle Studio B | 10:15-10:45 am Core & More Noelle Studio A | Power Pump Tallie Studio A | Hallie Cardio Area 10:45-11:25 am Yoga for Athletes Lisa Studio A | Power Pump Judy F Studio A 10:15-11:00 am Core & More Mary Studio B | | |
| Early Afternoon | 12:00-12:30 & 12:30-1:00 pm Workout Express Hallie Studio A | 1:00-2:00pm Power Pump Mary Studio A | 11:20-11:50 am Fit For Life Strength Sara S. Studio A 12:00-12:30 & 12:30-1:00 pm Workout Express Hallie Studio A | 1:00-2:00 pm Power Pump Mary Studio A | 12:00-12:30 & 12:30-1:00 pm Workout Express Mary W. Studio A | **New Class** 1:00-2:00 pm Boot Camp Nick Studio B | 1:00-2:00 pm Power Pump Anne Studio A 2:05-2:50 pm Zumba Raul/Aubrie Studio A **New Class** 3:00-4:00 pm Boot Camp Mitchell Studio A 4:00-5:00 pm Yoga Manjit Studio B 6:30-7:30 pm Tai Chi Mike Studio B |
| 5:30-6:25 pm | Power Pump Ali Studio A | 5:00-5:55 pm Yoga Nan Studio B 5:15-5:45 pm Core & More Anne Studio A | Interval Training Erica Studio A | Cardio Blast Kiley Studio A | | | |
| 6:30-7:25 pm | 6:30-7:25 pm Yoga Michelle L. Studio B 6:30-7:10pm Zumba Lyndsay 7:15-8:15 pm Kick box Katie Studio A | 5:45-6:40 pm Cardio Blast Hallie/Mary W./ Jenni B. Studio A 6:45-7:40 pm Power Pump Hallie/Mary W./ Jenni B. Studio A 7:45-8:25 pm Zumba Heather Youth Gym | 6:30-6:55 pm Core & More Erica Studio A | Yoga Nan Studio A | | | |
| 7:30-8:25 pm | | | 7:00-8:00 pm Zumba Jenny W. Studio A | 7:30-8:15 pm Zumba Heather Youth Gym | | | |