

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Lincoln Downtown YMCA Group Exercise Schedule Effective September 1, 2008

### Group Cycling Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		Advanced Group Cycling Rhonda		Group Cycling Rhonda			
6:15 am	Group Cycling Tanya		Group Cycling David Hobson		Group Cycling David Hobson		
8:00 am 9:00 am						Advanced Group Cycling David Hill	
11:45 am 12:45 pm	Advanced Group Cycling Kim						
12:05 pm		Group Cycling Shari R	Group Cycling Margie	Group Cycling Karla	Group Cycling David Hefley		
3:00 pm 4:00 pm							Begin Group Cycling Bruce (60 min)
4:30 pm	Group Cycling Jackie	Group Cycling Jen Ford	Group Cycling Stefanie Flodman	Group Cycling Sheila	Group Cycling David Hefley		
5:30 pm	Group Cycling Tammy	Group Cycling Brenda	Group Cycling David Hill	Group Cycling Tammy			

### Group Land Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	Cardio Blast-Toning Jackie/Renee	Step-Vann	Power Step-Gayle	Power Step-Gayle	Step-Vann		
6:45 am		Pilates-Dixie		Pilates-Dixie			
9:00 am						Power Pump-Shari H/Jody	Pilates-Angel
11:00 am							Yoga-Katy
11:15 am						Yoga-Katy	
11:30 am	Power Step-Denny	Pilates-Debbie	Power Step-Debbie	Pilates-Cara	Yoga-Jeanne		
12:00 pm							Power Step-Dennis
12:15 pm	Power Pump-Shari H	Toning-Debbie	Power Mix-Shari H/Shari R	Toning-Denny	Step-Debbie		
1:15 pm							Yoga-Robin
4:30 pm	Power Step-Gayle		Pilates-Angel	Step-Denny			
4:45 pm		Pilates-Carrie M					
5:30 pm	Step-Denny	Power Step-Dennis	Pi Yo-Lindsey	Yoga-Robin	Pilates-Cara		
6:00 pm	*Karate/Self-Defense		*6:15 pm Aikijujitsu	*Karate/Self-Defense			
6:30 pm	Yoga-David						
6:45 pm		Yoga-Angel	Yoga-Angel				
7:00 pm	Aikido		Aikido	Aikido			

\*Class is held in Racquetball Court #4, 5<sup>th</sup> floor

### Group Water Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am						H2O Cardio and Pilates Steph
4:00 pm	H2O Walking Bruce		H2O Walking Bruce		H2O Walking Bruce	
5:30 pm	H2O Combo Rolayne	H2O Sandy	H2O Power Sandy	H2O Combo Cheryl		

See reverse for more information and class descriptions.

Track your workouts online at [www.ymcalincoln.org](http://www.ymcalincoln.org)!

## GROUP CYCLING CLASSES

### Advanced Group Cycling

This 60 minute class is a stepping stone to the Ultimate Group Cycling class. It will push you a little more by adding an extra 20 minutes to your ride.

### Ultimate Group Cycling

The instructor will pace you through a 90 minute endurance challenging ride. Class is offered for a limited time.

### Group Cycling

This is an anaerobic and aerobic workout on indoor stationary bikes in a class atmosphere. These bikes are a simulation of the outdoor bike. A qualified instructor leads the group in a workout designed for all fitness levels. There is a limited number of bikes, sign up sheets for classes are posted in the lobby area. Classes are 40-45 minutes.

### Begin Group Cycling

This 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 training.

## GROUP LAND EXERCISE CLASSES

### Begin Yoga

For beginners & those who want to learn the basics of this form of fitness. Class includes postures (slow, gentle movements), breathing techniques, & relaxation exercises.

### Cardio Blast-Toning

Break through those exercise plateaus or just try something new with this heart pounding cardio class. You'll never be bored as you are lead through different cardio formats including step, kick boxing and circuit. The class will also include a toning section.

### Intermediate Pilates

Take your Pilates class to the next level. Intermediate to advanced movements are taught. Mastery of basic Pilates movements recommended for participation.

### Kick Boxing

Are you ready to rumble?! Come join us for the awesome 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 for all ages!

### Pilates

A unique method of body conditioning that focuses on core conditioning to strengthen the abdominals and lower back. Using the science of "contrology", it strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind.

### Pi Yo

Yoga combines with Pilates to take you through a flow of easy to follow movements. Get all the benefits of both classes; core strength, flexibility and balance from one class!

### Power Mix

A mix of power classes! Class will always include strengthening and core training mixed in with Power Pump, Interval Training and Kick Boxing. You'll never get bored with this mix!

### Power Pump

A motivating, challenging, strength training class set to music. Tone and strengthen your body in a fun class setting.

### Power Step

Put a little "umph" in your step workout with high intensity moves! You'll have fun with the challenge and enjoy the invigorating feeling you get from these exciting moves. The cardio portion will be followed by a muscle toning and strengthening section targeting all major muscle groups.

### Step

A high energy, cardio step workout filled with choreography. The cardio portion will be followed by a muscle toning & strengthening section targeting all major muscle groups.

### Toning

Members of all fitness levels are encouraged to join these classes. Strength training is an essential part of a healthy lifestyle. The fitness ball, dumbbells, bars, and bands are used in upper and lower body toning, abdominal work, and back strengthening exercises!

### 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.

## GROUP WATER EXERCISE CLASSES

### H2O Cardio and Pilates

A shallow end class. The first part of this class will be a heart strengthening cardio workout with a variety of moves. Follow that segment with integrated pilates exercises in the water to strengthen your core muscles, improve posture, and increase flexibility and balance.

### H2O 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.

### H2O Pilates

This class adapts Pilates exercises for the pool. We will focus on improving flexibility, breathing, strength and body awareness while connecting the mind and body. Build stronger core muscles and develop strength and flexibility with grace. For members of all ages and fitness levels.

### H2O Power

Maximize your cardio workouts & improve your strength with this high energy, deep-water workout. Aquabelts & resistance tools are used as needed for floatation assistance.

### H2O Walking

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

## Martial Arts Classes

### Karate & Self-Defense Technique Classes

Traditional Karate form exercises, Katas and self-defense techniques are used to introduce beginning students to martial arts. Students will learn kicking, punching and joint locking techniques in an informal class setting. Emphasis is placed on the practical application of striking and blocking techniques for self-defense purpose.

### Aikido

This Japanese martial art attempts to defuse violence and aggression by blending and using the aggressors' energy against them. The aim is never to cause damage, but to control the aggressor and inflict the least amount of harm possible. The class emphasis will be placed on spirit, mind and body.

### Aikijujitsu

Instructor approval required to attend. This is a harder form of aikido. It consists of aikido throws and locks combined with jujitsu style strikes and some ground work. This is not a particular style of jujitsu, i.e. Daito-ryu, Brazilian. It is a blend of aikido with other styles. Class emphasis will be on spirit, mind and body.

**Classes and instructors are subject to change at any time. Classes are included in your YMCA membership!**

**New participants and beginners are encouraged to arrive 5-10 minutes early for instruction.**

**For all feedback, please contact: Karla Hudson 434-9238 or khudson@ymcalincoln.org**