



# Group Exercise

Spring 2012

Effective April 5

## Contact Information

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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.

**Strength Interval Cycling (SIC):** This is a high intensity, full-power cycling and strength training class that will take you to the next level of fitness. Alternating between cycling and floor exercises, the instructor will lead you through intense speed drills, intervals and heavy climbing simulations on the bike alternating with full body strength training sets on the mat.

### Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:30 am		Advanced Group Cycling Rhonda		Advanced Group Cycling Rhonda			
6:15 am-6:55 am	Group Cycling Rosi		Group Cycling Rosi		Group Cycling David Hobson		
8:00 am-9:00 am						Advanced Group Cycling Jody	
9:00 am-10:00 am							SIC Carrie
11:45 am-12:45 pm	Advanced Group Cycling Kim						
12:05 pm-12:45 pm		Group Cycling Shari R	Group Cycling Margie	Group Cycling Gary	Group Cycling Margie/Jody		
3:00 pm-4:00 pm							Begin Group Cycling Bruce
4:30 pm-5:10 pm	Group Cycling David Hefley	Group Cycling Molly	Group Cycling Stef	Group Cycling Jen Ford			
5:00 pm-5:45 pm					Group Cycling Neal		
5:30 pm-6:15 pm				Group Cycling Eric			
5:30 pm-6:30 pm	Advanced Group Cycling Tammy		Advanced Group Cycling David Hill				

Downtown Y

# Land Classes

With a variety of formats including cardio based, mind-body, dance and strength training, we've got something for everyone! Adults of all fitness levels are encouraged to join these classes. Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

## 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.

**Cardi Yoga:** For every body. A great mixture of yoga positions and flows you already love and intense intervals to get your heart pumpin'! Not your average yoga class nor your average cardio class... This is the best of both worlds and guaranteed to leave you feeling amazing and knowing that you did something great for your body, mind and spirit.

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

**Kettlebell Kardio:** New! Check out this new format and take your cardio workouts to the next level. Kettlebells will be used for many of the exercises and the focus will be on increasing your cardiovascular endurance. Some resistance and core training may be included. Classes are held on 2nd floor in the Group Cycling Center.

**Kettlebell Kore:** New! Try out this new resistance tool while shaping your core stabilizing muscles. We will be training your abdominals, obliques, back and glute muscles. Classes are held on 2nd floor in the Group Cycling Center.

**Kettlebell Kut:** New! Using the new kettlebells, we will target each muscle group with a variety of strengthening exercises that will keep you coming back for more! Classes are held on 2nd floor in the Group Cycling Center.

**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!

**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 C.S.I. (Cardio, Strength, Intervals):** Challenge yourself with innovative full-body strength exercises, core training and unique free-weight and body-weight resistance combinations between cardio intervals for an ultimate dynamic strength and total conditioning 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.

**Progressive Pilates:** The intent of this class is to familiarize you with Pilates mat exercises so you can be comfortable in group sessions and equipped for self-practice at home. You will learn to identify and strengthen the core or the 'powerhouse', the muscles of the abdomen and lower back, and utilize the strength in your center to improve the function of your entire body.

**Progressive Yoga:** Whether you are new to yoga or have been practicing for awhile, this six-week class will provide you with a foundational understanding and knowledge of the health benefits of this physical practice. The structure of this basic yoga class is designed to allow for progressive learning and one-on-one personalized feedback.

**Resistance Training:** Strength training is an essential part of a healthy lifestyle. A variety of exercise equipment is used for total body strengthening.

**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.

**Step-Power:** 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.

**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. Classes are held on 2nd floor in the Group Cycling Center.

**Tone & Stretch:** YMCA Members can enjoy this after-work time to de-stress through stretching exercises and toning up your muscles using a variety of resistance tools and 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.

**Yoga Stretch Express:** No time for a full Yoga Class or don't think you're flexible? Join us for Yoga based stretches and Asanas. Build your strength and balance while you learn to relax and stretch using great breathing techniques.

**Zumba®:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. We want you to work out, to love working out, to get hooked.

\*Please note: All classes are held in the 3rd floor Group Exercise Center unless noted "2nd floor". These "2nd floor" classes are held in the Group Cycling Center.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:05 am			Kettlebell Kut Rosi 2nd floor				
5:45 am-6:40 am		Step Vann	Step-Power Gayle	Step-Power Gayle	Step Vann		
6:45 am-7:15 am		Pilates Dixie		Pilates Dixie			
9:00 am-10:00 am						Power Pump Renee/Stacey	
9:30 am-10:30 am							Yoga Deb Buck
11:00 am-11:55 am							Pilates Maggie D.
11:15 am-11:45 am		Kettlebell Kardio Karla 2nd floor		Kettlebell Kut Gary 2nd floor			
11:30 am-12:10 pm	Step-Power Denny	Yoga Hannah	Zumba Debbie	Core & More Debbie	Yoga Stretch Express Debbie		
11:30 am-12:30 pm						Yoga Katy	
12:00 pm-1:10 pm							Step-Power Dennis
12:15 pm-1:00 pm	Power Pump Karla	Resistance Training Denny	Power Pump Elizabeth	Resistance Training Debbie	Step Debbie		
1:15 pm-2:15 pm							Yoga Rick
4:30 pm-5:25 pm		Yoga David Hobson	Boot Camp Jenni/Jen Ford	Step Denny			
4:45 pm-5:25 pm	Tone & Stretch Gayle						
5:00 pm-6:00 pm					Cardi Yoga Hannah		
5:30 pm-6:25 pm	Step Denny		Power C.S.I Renee				
5:30 pm-6:40 pm		Step-Power Dennis		Yoga Maggie P.			
5:30 pm-6:25 pm		Zumba Lori 2nd floor					
6:30 pm-7:00 pm		Kettlebell Kore Brett 2nd floor					
6:30 pm-7:30 pm	Yoga Lindsey		Yoga Maryana				
6:45 pm-7:45 pm				Zumba Lori			
6:50 pm-7:50 pm		Yoga Ryan					
7:05 pm-8:05 pm		Tai Chi Michael 2nd floor					

# 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. Proper swimwear is required and a water bottle is recommended. 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 Boot Camp:** This progressive class builds intensity each week. It is a high intensity interval training class that will utilize pool tools such as fins and weights and will include treading water, laps, water running, relays and more. Modifications for all levels will be provided. Must be able to tread water for two minutes and swim 25 yards. Floatation belts are available if needed.

**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. Aquabelts and resistance tools are used as needed for floatation assistance.

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

**Water Fit Jogging:** Are you needing to get a run in but give your legs a break from the pavement? Water jogging is low impact and high in resistance which makes it the ideal workout for cross-training, form development and injury rehabilitation to lessen muscle soreness and joint aches. This class will motivate you to maintain or increase your fitness level with fewer injuries and in a social environment.

**Water Fit Walking:** Drop in for some water walking, stretching and flexibility exercises designed to increase range of motion, reduce stress on joints, relax tense aching muscles and soothe the mind. Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00 am-10:00 am						Water Fit Combo Steph/ Rolleyne	
4:00 pm-5:00 pm	Water Fit Walking Bruce		Water Fit Walking Bruce		Water Fit Walking Bruce		
5:30 pm-6:30 pm	Water Fit Combo Rolleyne		Water Fit Boot Camp Sandy	Water Fit Combo Cheryl			
6:30 pm-7:30 pm		Water Fit Combo Sandy					

### Cooper

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### Fallbrook

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### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
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### Youth Sports

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

### Camp Kitaki

570 Fallbrook Blvd., #210  
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