



# Group Exercise

**Winter 2012**

Effective: 1/1/2012

## 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 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.

### Class Schedule

Falbrook Y

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:05 am-5:50 am	Group Cycle Nathan		Group Cycle Nathan		Group Cycle Adam		
6:00 am-6:50 am					Group Cycle Adam		
9:30 am-10:20 am	Group Cycle Rhonda	Group Cycle Hayley	Group Cycle Rhonda	Group Cycle Beth	Group Cycle Cindy	Group Cycle Tricia	
12:15 pm-1:00 pm	Group Cycle Cindy		Group Cycle Cindy				
5:30 pm-6:20 pm	Group Cycle Tricia	Group Cycle Jody	Group Cycle Julie/Casey	Group Cycle BJ			
6:30 pm-7:20 pm	Begin Group Cycle Tricia 6:30-7:00	Group Cycle Julie	Begin Group Cycle Julie	Begin Group Cycle 6:30-7:00			

# 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

### Advanced Leg Sculpting

The ultimate lower body workout that focuses just on legs and glutes. This 30-minute class mixes standing and floor work with weights, stability balls, steps and resistance bands for variety. A 5-10 minute independent warm-up is ideal before class.

### Body Sculpt

Cardio and strength combined in one class! Enjoy doing a set of weight training moves that focus on a specific body area and then jump right into a cardio move.

### BootCamp

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. Modification offered for beginning/intermediate.

### Cardio Fusion

An aerobic exercise with a martial arts flare. A great class that will help you lose weight, tone up your muscles and have fun. This class is full of jab/kick combinations mixed with a lot of cardio, bootcamp-style movements to ensure a high intensity workout.

### Combat Conditioning

Looking for a more intense class to attend? Combat Conditioning will meet those needs. With a mix of martial arts movement and body weight conditioning this class will greatly improve your strength, power and flexibility. Come ready to work hard and improve your overall physical fitness.

### Core & More

A class focused on strengthening the abdominals, lower back, gluteal muscles using a variety of equipment.

### Cross Training

Need to change up your workout routine? Get a full body workout with this anything goes class. We will incorporate anything from cycling to strength training to agility work to help keep your body guessing.

### Kickboxing

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!

**Please Note: The purchase of boxing gloves is recommended for this class.**

### 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.

### PIYo

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 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.

### Resistance Training

Strength training is an essential part of a healthy lifestyle. A variety of exercises equipment is used for total body strengthening.

### Sports Conditioning

Everyone's an athlete. Expect this class to take you through sports specific drills followed by muscle strengthen exercises that challenge all the major muscles of the body. This class is appropriate for all fitness levels.

### Step

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

### Step—Beginning

A low intensity, basic class, consisting of step aerobics. This is the best way to get started. . Perfect for those just beginning an exercise program or who prefer simplified choreography. Advanced participants are welcome to join as modifications will be shown to increase the exercise intensity.

### Step Interval Training

Take Step to another level. Bursts of high intensity work alternated with periods of weights or low activity makes this a great class. Get the maximum calorie burn you can with this up tempo class format. Great for achieving strength and cardiovascular endurance!

### 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 Basic

Recommended for those interested in learning the basic fundamentals of Yoga. This class focuses on the proper form, postures, breathing techniques, and relaxation exercises associated with the Yoga discipline.

### 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.

### Yoga Sculpt

A total body workout designed to tone and sculpt every major muscle group. Free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but easy to follow class complements your regular yoga practice while pushing your strength and flexibility to new heights.

### 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.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:20 am	<b>BootCamp</b> Ryan Studio A		<b>BootCamp</b> Justin Studio A		<b>BootCamp</b> Justin Studio A		
6:00 am-6:50 am		<b>Cross Training</b> Amanda Studio A		<b>Cross Training</b> Amanda Studio A			
8:30 am-9:20 am	<b>Step Interval Training</b> Sian Studio A <b>Yoga Basic</b> Amy Studio C	<b>Power Pump</b> Margie Studio A  <b>Pilates</b> Gail Studio C	<b>Cross Training</b> Jana Studio A <b>PiYo</b> Margie Studio C	<b>Power Pump</b> Beth Studio A  <b>Pilates</b> Gail Studio C	<b>Step Interval Training</b> Sian Studio A <b>Yoga Basic</b> Amy Studio C	<b>ZUMBA</b> Mindy Studio A  <b>PiYo</b> Amy Studio C	
9:30 am-10:20 am	<b>BootCamp</b> Kathy Studio A <b>Yoga Power</b> Crystal Studio C	<b>Kickboxing</b> Rhonda Studio A <b>Yoga</b> Margie Studio C	<b>BootCamp</b> Elizabeth Studio A <b>Yoga Sculpt</b> Crystal Studio C	<b>ZUMBA</b> Dena Studio A <b>Yoga</b> Hayley Studio C	<b>Kickboxing</b> Rhonda Studio A <b>Yoga Power</b> Crystal Studio C	<b>Cardio Fusion</b> Amanda Studio A	
10:30 am-11:00 am	<b>Core &amp; More</b> Rhonda Studio A	<b>Advanced Leg Sculpting</b> Rhonda Studio A	<b>Core &amp; More</b> Rhonda Studio A		<b>Core &amp; More</b> Studio A	<b>Sports Conditioning</b> Ben Studio A 10:30-11:20	
12:15 pm - 1:00 pm		<b>BootCamp</b> Jordan Studio A		<b>BootCamp</b> Jordan Studio A			
1:30 pm-2:20 pm							<b>Cross Training</b> Amanda/William Studio A
4:15 pm-5:05 pm		<b>BootCamp</b> Casey Studio A		<b>BootCamp</b> Casey Studio A			
5:30 pm-6:20 pm	<b>Body Sculpt</b> Robin Studio A <b>Pilates</b> Studio C	<b>Step</b> Robin Studio A	<b>Body Sculpt</b> Robin Studio A <b>PiYo</b> Studio C	<b>ZUMBA</b> Brandy Studio A			
6:30 pm-7:20 pm	<b>Power Pump</b> Jody Studio A <b>Yoga</b> Amy Studio C	<b>ZUMBA</b> Kathy Studio A <b>Combat Conditioning</b> William YMCA Gym	<b>Step - Beginning</b> Jon'el Studio A <b>Yoga</b> Amy Studio C	<b>Power Pump</b> Jody Studio A <b>Combat Conditioning</b> William YMCA Gym			
7:30 pm-8:20 pm	<b>Kickboxing</b> Kristie Studio A	<b>Resistance Training</b> Jake Studio A	<b>Core &amp; More</b> Jon'el Studio A	<b>Resistance Training</b> Ashley Studio A			

# 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

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

These classes are performed in the Activity Pool or Lap pool, please refer to the schedule.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>5:45 am- 6:35 am</b>		<b>Water Fit Shallow Debbie Activity Pool</b>		<b>Water Fit Shallow Debbie Activity Pool</b>			
<b>8:00 am- 8:50 am</b>	<b>Water Fit Shallow Debbie Activity Pool</b>	<b>Water Fit Shallow Debbie Activity Pool</b>	<b>Water Fit Shallow Debbie Activity Pool</b>	<b>Water Fit Shallow Debbie Activity Pool</b>			
<b>9:00 am- 9:50 am</b>		<b>Water Fit Shallow Debbie Activity Pool</b>		<b>Water Fit Shallow Debbie Activity Pool</b>			
<b>9:30 am- 10:20 am</b>	<b>Water Fit Shallow Beth Activity Pool</b>		<b>Water Fit Shallow Beth Activity Pool</b>		<b>Water Fit Shallow Beth Activity Pool</b>		
<b>5:30 pm- 6:20pm</b>		<b>Water Fit Shallow Ashley Lap Pool</b>		<b>Water Fit Shallow Kathy Lap Pool</b>			
<b>6:00 pm- 6:50 pm</b>	<b>Water Fit Shallow Judy Lap Pool</b>		<b>Water Fit Shallow Amanda Lap Pool</b>				
<b>6:30 pm- 7:20 pm</b>		<b>Water Fit Shallow Ashley Lap Pool</b>		<b>Water Fit Shallow Kathy Lap Pool</b>			

### 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