

YMCA Group Exercise Class Descriptions

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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.

Cycling Fundamentals: This light cycling class, offered the first Saturday of the month, is for the newcomer who needs detailed information on seat, handlebar, body positioning, terminology, and how to perform the different “techniques” on the bike. After completing this class your instructor will have given you the knowledge to help you feel a little more comfortable stepping into any other cycling class.

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.

Fit for Life – Cycling: This lightly paced, 30-minute cycling class is targeted to those 50+ who want another style of cardiovascular activity, improve lower body strength and maintain an active lifestyle.

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.

Ultimate Group Cycling: This is a 90-minute endurance class, pacing you through a challenging ride.

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.

Group 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.

Ai Chi: A simple exercise and relaxation program performed using deep breathing and slow, broad movements of arms, legs and torso to increase oxygen consumption and improve body alignment.

Aqua Joints Arthritis (Non-member Extra Fee): Wonderful opportunity for people with mild arthritis, bursitis, knee problems, or muscle and joint stiffness. Majority of class takes place in the shallow end of the pool. Endorsed by the Arthritis Foundation Aquatic Program.

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

Water Fit Challenge: Interval work is an integral part of this class, alternating between strong, prolonged movements to increase the heart rate followed by slower movements to recover. We all have different fitness levels that can be pushed by yourself and motivated by your instructor. Classmates are encouraged to support and motivate each other while improving spirit, mind and body.

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

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

Water Fit Toning: This class will incorporate balls, bands, boards and noodles to create a wonderful balance for total body toning.

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.

Water Fit Walk and 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.

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.

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.

Boot Camp: You won't find any dance move 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.

Cardio Blast: Break through 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.

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.

Combo: This class offers you the best of both worlds... hi/lo impact aerobics and step aerobics to give you a fun-filled, energizing cardiovascular workout for all fitness levels.

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

Dance Aerobics: A mix of pop, hip hop, country, latin and salsa all combined in one energetic mix to keep you moving!

Fit For Life – Cardio: An advanced chair class that is primarily standing cardio. Includes non-impact choreography designed to increase cardio and muscular endurance by incorporating hand-held weights, elastic tubing with handles and balls used for resistance and hand/eye coordination. (50+)

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+)

Fit For Life – Stretch : A half-hour of seated chair and standing yoga-inspired moves that will benefit your spirit, mind & body. The exercises are designed to increase flexibility, balance and range of motion. Deep breathing and relaxation exercises are included to improve lung function, mental clarity...and your mood. Join us today! (50+)

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

Kettlebell Kardio: 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.

Kettlebell Kore: Try out this new resistance tool while shaping your core stabilizing muscles. We will be training your abdominals, obliques, back and glute muscles.

Kettlebell Kut: Using the new kettlebells, we will target each muscle group with a variety of strengthening exercises that will keep you coming back for more!

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!

Latin Hip Hop: Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun!

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.

Pilates Express: Same great core training as our full pilates class; strengthening and toning abdominals, back and legs but in a more time conscience way in order to get you to your next appointment.

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 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.

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.

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.

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-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!

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.

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 a 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.

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.

Treadmill +: Meet us in the workout 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, bootcamp, 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 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 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.

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.

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.

Zumba Gold®: Modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements; zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun.

Quick Fit Studio: Unable to make it to a class or need to get a great workout in quickly? This hydraulic equipment in the Quick Fit Studio will offer you the resistance you need to get both a cardio and strength workout in a short amount of time.

This class is great for beginners, active older adults, pre- and post-natal and youth (parents must be present in the studio at all times with youth 9-13 years old,

unless a graduate of the Youth Fitness Class). Free orientation included in your membership, sign up at the front desk.