



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

ARMBRUST FAMILY YMCA

Fall II October 23rd- December 23rd • 402-896-4200

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP CYCLING		5:30-6:15am Group Cycle Rolley		5:30-6:15am Group Cycle Rolley	8:15-9:00am Group Cycle Macy	7:15-8:00am Group Cycle Rolley
	9:15-10:00am Group Cycle Kelli		9:15-10:00am Group Cycle Macy		9:15-10:00am Group Cycle Kelli	9:00-9:45am Group Cycle Kierstin
		10:20-11:05am Group Cycle Kelli	10:15-11:00am Group Cycle Nikki	10:20-11:05am Group Cycle Macy		
		11:15-12:00pm Group Cycle Nikki				
	4:30-5:15pm Group Cycle Macy					SUNDAY 11:00-11:45am Group Cycle Kierstin
	5:45-6:30pm Group Cycle Mike		5:45-6:30pm Group Cycle Nikki			

Armbrust Family YMCA Group Fitness Class Descriptions

Ball Toning

Spice up your strength training routine! This class will use the stability ball, bands and hand weights to tone muscles and improve balance.

Body Pump

It's time to get pumped! This group exercise class is for all ages and fitness levels. An athletic based workout using barbells with adjustable weights to work every major muscle group. All fitness levels.

Chair Pilates

This class is a routine of strengthening and stretching that will focus on building strong abdominals. You will work your arms and legs using stability balls and resistance bands. Feel strong and streamlined without leaving your chair! Beginning fitness levels.

Circuit

Enjoy a great workout by combining high intensity cardio training and weight lifting.

CX30

Get a high intensity workout in this 30 minute core strengthening class!

Group Cycling

Group Cycling is an aerobic/anaerobic workout on a stationary bike designed for all ages and fitness levels. ***Advanced sign-up is recommended at the member service desk.***

Mom and Me Fitness

Get ready for a great full body workout! In this class, you will build strength and tone your muscles along with building balance. Baby will be our added weight to help mommy get in shape! This 30 minute class will provide you with a great workout along with mommy-baby bonding time. ***Baby Age: 4 weeks to 6 months (no crawlers, please.)***

Pilates

Pilates works on the body's core, the center of power. Exercises in class focus on concentration, breathing, centering, precision, flowing movements, isolation and routine.

Step

A great aerobic workout that is perfect for both men and women who want to challenge themselves with an intense workout. Using a variety of moves on the Reebok step, plan to burn calories, have fun and step to great music.

TurboKick

Ultimate cardio challenge complete with intense interval combinations influenced by Muay Tai Boxing. Kickboxing specific strength/endurance training with a Thai Chi like cool down.

Yoga

Inspiring, energizing, and calming. learn the ancient practice of Yoga. Breathing and relaxation exercise techniques form a complete mind body workout. All fitness levels.

Zumba

A blend of hypnotic Latin rhythms and easy to follow moves to create a dynamic, fun-filled workout class.

Senior Cardio/Strength Sweat to the oldies. 20 minutes of low-impact cardio followed by strength toning using light hand weight and bands.