



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA * 7502 Maple Street * Omaha, NE 68134 * (402) 393-3700
Fall Session I Effective Oct 23– Dec. 10, 2011

AEROBICS STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BodyPump (Corie) 5:30-6:30am	BodyAttack (Cathy) 5:30-6:30am	BodyPump(Jodie) 5:30-6:30am	BodyAttack (Jodie) 5:30-6:30am	BodyPump (Amy) 5:30-6:30am	
	Ult. Combo (Sherri) 9:15-10:15am	BodyPump (Amy) 9:15-10:15am	Ult. Combo (Marilee) 9:15-10:15am	BodyPump (Amy) 9:15-10:15am	Ult. Combo (Sherri) 9:15-10:15am	Zumba (Linda) 7:30-8:15am
BodyPump (Sherri) 1:00-2:00pm	Body Pump (Stacy) 10:30-11:30am	Eclectic Yoga (West) 10:30-11:30am	BodyPump (Marilee) 10:30-11:30am	Eclectic Yoga (West) 10:30-11:30am	Body Pump (Marilee) 10:30-11:30am	Body Pump (Linda) 8:30-9:30am
BodyVive (Sherri) 2:00-3:00pm	BodyVive (Marilee) 4:30-5:30pm	Body Pump (Linda) 5:00-6:00pm	BodyVive (Susie) 4:30-5:30pm	Body Pump (Corie) 5:00-6:00pm		Body Attack 9:35am-10:35am
	Cardio Kickboxing 5:30-6:30pm (Jodie)	Body Attack (Jodie) 6:00-7:00pm	Cardio Kickboxing 5:30-6:30pm (Jodie)	Body Attack (Amy) 6:00-7:00pm	Body Pump (Cathy) 5:30-6:30pm	
	Body Pump (Jodie) 6:30-7:30pm	BodyVive (Susie) 7:00-8:00pm	Body Pump (Stacy) 6:30-7:30pm	<i>BodyVive in Maple Rm</i> 7:00-8:00pm		
	Zumba (Linda) 7:35-8:20pm		Zumba (Lena) 7:35-8:20pm			

MAPLE ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>BodyVive</i> 9:15-10:15am <i>In the GYM</i>		Yoga for Kids (Debi) 4:30-5:00pm		
	Pilates (JoAnn) 6:30-7:30pm	PiYo (Cathy) 6:00-7:00pm	Zumbatomic (Brittney) 6:30-7:15pm	PiYo (Anand) 6:00-7:00pm	Yoga (Katie) 6:30-7:30pm	
	Youth Fit Club (Bob) 7:30-8:30pm		Yoga (Pete) 7:30-8:30pm	BodyVive (Susie) 7:00-8:00pm		

GYM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSneakers® I MSROM (Julie) 9:15-10:00am	BodyVive (Marilee) 9:15-10:15am	SilverSneakers® II Cardio Circuit (Amy) 9:15-10:00am		SilverSneakers® I MSROM (Marilee) 9:15-10:00am	
		Family Fitness (Sheila) 6:30-7:30pm		Family Fitness (Sheila) 6:30-7:30pm		

GROUP CYCLING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:15am Jodie	5:30-6:15am Chris	5:30-6:15am Molly		
11:15am-12:15pm Hayley/Anand	9:30-10:15am Stacy	10:15-11am MJ	9:30-10:15am Jodie/Vince	10:15-11am Meg	9:30-10:15am Vince	7:30-8:30am* Jodie
	5:45-6:15pm (Kathy) QUICK CYCLE		5:45-6:15pm (Kathy) QUICK CYCLE	5:00-5:45pm Hayley		*90 minute class the last Sat of every month
	6:30-7:15pm Pete	5:00-5:45pm Stacey/JoAnn	6:30-7:15pm MJ			

Thanksgiving Day schedule: BodyAttack Express 6:15-7:00am & BodyPump Express 7:00-7:45am. Facility hours 6am-10am
Special Event: Burn the Bird: Sat., Nov. 26 8:00-10:30am. **Regular classes will NOT run on this Sat.**

CLASS DESCRIPTIONS

Maple Street YMCA

BodyAttack...

is a sports-inspired cardio workout for building strength and stamina. This interval training class combines athletic aerobic floor movements with strength and stabilization exercises.

BodyPump...

is a group exercise class for all ages and fitness levels. Body Pump is an athletic-based workout using barbells with adjustable weights to work out every major muscle group.

BodyVive...

is the new group exercise-to-music program from Les Mills. It's a low impact class integrating aerobic exercise for heart fitness, resistance training for strength and stability, and stretching and mobility work

Cardio Kickboxing...

is a fast-paced aerobic class which includes kickboxing, martial arts, and athletic elements that will tone and tighten your entire body. You'll strengthen your upper body, lower body, and your core while burning a ton of calories.

Family Fitness... *Not offered in the summer.*

is a class designed for parents and children to work out together. A combination of traditional and non-traditional activities make the time fun & exciting. Come as a family and get fit together.

Eclectic Yoga...

A diverse, challenging, and invigorating Yoga Practice combining poses, breathing techniques, & meditation from multiple schools of Yoga. This practice is accessible for all levels of fitness and abilities.

Hip Hop... *Not offered in the summer.*

is an upbeat class combining the moves and music of hip-hop dance with the cardiovascular power of aerobics. Class is designed for all fitness levels and previous dance experience is not required.

Interval...

is a challenging workout that includes both aerobic exercise and strength training using a variety of tools. You'll alternate bursts of high intensity work with periods of low level activity. This class will boost your metabolism, burn fat, and supercharge your workout routine.

Pilates...

works on the body's core, the center of power. A strong core relates to a healthy back, better posture and more functional movement patterns. Pilates is designed to help increase body control and natural conditioning.

PiYo...

combines Matwork Pilates and Hatha Yoga. Gain a better sense of physical awareness, enhance muscle strength and core stability as you condition your body and mind.

SilverSneakers® I: Muscular Strength and Range of Motion...

is the core class of the SilverSneakers Program. It is designed to increase strength, range of movement, agility, balance, and coordination and to improve participant's functional capacities, physical fitness level, and sense of well-being.

SilverSneakers® II: Cardio Circuit...

is a cardio circuit class for students who desire an advanced SilverSneakers workout. It offers a blend of standing non-impact choreography to increase cardiovascular endurance, alternated with strength work with weights, elastic tubing and a ball to increase muscular endurance.

Ultimate Combo...

combines all your favorites: Step, Hi/lo, and Body Sculpting using a variety of creative choreography. This ultimate workout is for all fitness levels.

Yoga...

is inspiring, energizing, and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

Yoga for Kids....(ages 5 to 14) *Not offered in the summer.*

Is playful, creative and fun functional movement, combined with "within" mindbody work. The class combines yoga AND play. We move energy through the body as we calm the mind. It allows all children to participate at their own level. It is yoga fitness for every child!

Youth Fit Club... (ages 7-12) *Not offered in the summer.*

Is designed to build muscle, decrease body fat, tone up, and increase flexibility. We'll learn how to make better food choices and get tips on how to become more physically active.

Group Cycling...

is an aerobic/anaerobic workout on a stationary bike designed for all ages and fitness levels.

Quick Cycle ...

offers a 30 minute express workout for beginners or those on the go.

Zumba®...

Is a blend of hypnotic latin rhythms and easy-to-follow moves to create a dynamic, fun-filled workout class. Ditch the routine— join the party!!

Zumbatomic®... (ages 7+) *Not offered in the summer.*

is the Zumba class for kids! It is designed to let kids ages 7 & older max out on fun AND fitness all at the same time! Safe and effective, kids can't wait to get into the Zumbatomic groove!

Please be prepared for class by wearing appropriate clothing & shoes, showing up a few minutes early, & bringing a water bottle & sweat towel!