






FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SARPY COMMUNITY YMCA—September 7–30th, 2010 —[#339-9861](http://www.metroymca.org)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM	5:15–6:15am BodyPump Shawna	5:15–6:15am BodyAttack Shawna	5:15–6:15am BodyPump Lois	5:15–6:15am BodyAttack Shawna	5:15–6:15am BodyPump Shawna	
	5:30–6:30am Step II Maria	5:30–6:30am BodyPump Amy	5:30–6:30am Step II Maria	5:30–6:30am BodyPump Amy	5:30–6:30am Step II Maria	7:15–8:15am BodyPump Amy/Lois/Dave
MULTIPURPOSE ROOM	8:00–8:55am Low-Impact Roxanne	8:15–9:25am Step/Circuit Laura	8:00–8:55am Low-Impact Roxanne	8:15–9:25am Step/Circuit Laura	8:00–8:55am Low-Impact Roxanne	8:30–9:25am Step II Cindy
	9:00–9:55am BodyCombat Roxanne	9:30–10:15am BodyCombat Express Nicole	9:00–9:55am BodyAttack Andrea	 9:30–10:15 Zumba Jennifer	9:00–10:00am BodyPump Koral	9:30–10:30am BodyPump Sandi
	10:00–11:00am BodyPump Sandi	10:20–11:20am PiYo Sarah	10:00–11:00am BodyPump Sandi	10:20–11:05am Yoga Rachel	10:05–11:05am BodyCombat Andrea	10:35–11:35am BodyCombat Theresa
	11:35–12:05pm Gymnastics Ages 3–5 (Must Register)	12:00–12:45pm BodyPump Express Koral	11:35–12:05pm Little Dragons Ages 3–5 (Must Register)	12:00–12:45pm BodyPump Express Theresa	12:00–1:00pm Body Sculpting Jeff W	SUNDAY
	4:45–5:20pm Pilates Val	5:30–6:30pm Jr. Trainers Wellness Center (Must Register)	1:30–2:30pm SilverSneakers Sandi	4:30–5:15pm BodyCombat Express Nicole	1:30–2:30pm SilverSneakers Sandi	1:30–2:30pm BodyPump Sandi/Dave/Lois
	5:30–6:25pm Step II Cindy	5:30–6:30pm Yoga Jeff W	4:45pm–5:20pm PiYo Val	5:30–6:30pm Yoga Jeff W		4:00–4:25pm Family Yoga Ages 1–5
	6:30–7:15pm BodyPump Express Melissa	6:30–7:30pm T/TH Splash 'n Dash Free Supervised Outdoor Activities Ages 6–12 Meet in gym	5:30–6:25pm Step II Cindy	6:35–7:25pm Family Taekwondo (Must Register)	 Classes for the whole Family!	4:30–4:55pm Family Yoga Ages 5+ Sheila
	7:20–8:05pm BodyCombat Express Nicole	6:35–7:25pm Family Taekwondo (Must Register)	6:30–7:30pm BodyPump Karen	7:25–7:55 Family Zumba Buffy		
	8:10–8:40pm Core Strength Jeff W	8:00–9:00pm BodyPump Dave		8:00–9:00pm BodyPump Dave		
	GROUP CYCLING	5:05–5:50am Dave	5:30–6:30am Dave	5:05–5:50am Dave	5:30–6:30am Dave	5:05–5:50am Dave
6:00–6:45am Jeff Z			6:00–6:45am Jeff Z		6:00–6:45am Jeff Z	7:15–8:00am Melissa
8:15–9:00am Sandi		8:30–9:30am Sandi/Jodi	8:15–9:00am Sandi	8:30–9:30am Sandi/Jodi	8:15–9:00am Sandi	8:15–9:00 Dave/Steve
5:30–6:15pm Melissa		6:00–6:45pm Steve	5:30–6:15pm Jill	6:00–6:45pm Shawna		



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Below are brief descriptions of the Group Exercise classes offered at the Sarpy Community YMCA.

15+

**NEED TO BE 15+ IN ORDER TO PARTICIPATE
IN THE GROUP EXERCISE CLASSES!**

BodyAttack...Express=45 minute class...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.

BodyCombat...Express=45 minute class...is a fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

BodyPump...Express=45 minute class...is a group exercise class for ages 15+ and all fitness levels. Body Pump is an athletic based workout using barbells with adjustable weights to work out every major muscle group. If you are new to the class it is very important that you let the instructor know. So come early!

Body Sculpting...is to develop muscular strength and endurance and increase your flexibility while helping your body burn more fat by increasing lean body mass. This class uses a combination of weights, tubing, and bands to develop your forgotten muscles.

Core Strength...is for targeting and toning core muscles to help build stronger abdominals and a healthier lower back.

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

Low-Impact...is a class for all fitness levels. Everyone will benefit from this low-impact, fat-burning workout that is easy on your joints and great for your body.

Pilates...is focused 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...is a combination of Matwork Pilates and Hatha Yoga. Gain a better sense of physical awareness, enhance muscle condition and core stability as you challenge your body as well as your mind.

SilverSneakers®...is a great workout for older adults. It offers a blend of standing, non-impact choreography to increase cardiovascular endurance, alternated with strength work with weights and elastic tubing, and a ball to increase muscular endurance.

Step/Circuit...is a great workout combining interval step/cardio training and weight lifting.

Step II...is a popular class for both men and women looking to challenge themselves with an intense workout using the step, weights, and bands.

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

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

Family Group Exercise Classes:

Zumba: Thursday 7:25-7:55pm

Yoga: Sunday 4:00-4:25pm Ages 1-5 & 4:30-4:55pm Ages 5+. If you have children in both age groups, it is recommended to have the youngest move up.

Wellness Programs to Register For KIDS:

Family Taekwondo...Ages 6+

A Korean self-defense form that teaches courtesy, integrity, perseverance, self-control and strong spirit. TTH 6:35-7:25pm Monthly/\$32/mem

Gymnastics...Ages 3-5

Focuses on tumbling and assists with fine and gross motor skill development. Children learn to change direction, balance, improve eye-hand coordination, agility, and play with other kids. Mondays 11:35-12:05pm 4 wks/\$16/mem; 5wks/\$20/mem

Jr. Trainers...Ages 10-15

Child must have this training in order to use the Wellness Center to learn about rules, proper use of the equipment, muscles, & technique. Tuesdays 5:30pm 4 wks/\$22/mem

Jr. Trainer /Personal Trainer...Ages 8-15

One on one Jr. Trainers course that you schedule at your convenience. See Wellness staff to schedule. 1 session \$35/Members Only

Little Dragons Martial Arts...Ages 3-5

Is a detailed curriculum that focuses on improving children's basic motor skills. These skills will help them enter society with a more confident and enthusiastic outlook. Wednesdays 11:35-12:05pm \$35/mth/mem

Wellness Programs to Register For ADULTS:

Boot Camp...Ages 15+

Boot Camp style drills provide a challenging cardiovascular and strength conditioning workout. 8 sessions mth/\$56/mem.

Ghost Training Personal Training...Ages 8+

Have a personal trainer write up workouts for a whole month. 1 Month/\$35/mem

Group Training...Ages 15+

You and a small group will meet with a certified personal trainer to run, jump, push, and pull your way to the next level of fitness. A portion of the program will be spent on nutrition. 8-12 sessions mth/\$7/session/mem

Personal Training...Ages 8+

One on one workouts with a nationally certified trainer. Packages and tandem training available. Buy 5 sessions get one free! 1 Session/\$35; Tandem 1 Session/\$60/mem