



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SARPY COMMUNITY YMCA DECEMBER 2011 www.metroymca.org #339-9861

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM	5:15-6:15am BodyPump Koral	5:15-6:15am Athletic Conditioning Shawna	5:15-6:15am BodyPump Melissa	5:15-6:15 Body Combat Amy	5:15-6:15am BodyPump Shawna	
	5:30-6:30am Step II Maria	5:30-6:30am BodyPump Violet	5:30-6:30am Step II Maria	5:30-6:30am BodyPump Violet	5:30-6:30am Step II Maria	7:15-8:15am BodyPump Jennifer
MULTIPURPOSE ROOM	8:10-8:55am Low-Impact Cardio Tara	8:15-9:25am Step/Circuit Laura	8:10-8:55am Low-Impact Danae	8:15-9:25am Step/Circuit Laura	8:10-8:55am Low-Impact Zumba Anne	8:20-9:20am Zumba Jennifer
	9:00-10:00am Zumba Jennifer	9:30-10:30am BodyCombat Nicole	9:00-10:00am BodyCombat Andrea	9:30-10:30 Zumba Jennifer	9:00-10:00am BodyPump Koral	9:30-10:30am BodyPump Sandi
	10:05-11:05am BodyPump Sandi	10:35-11:35am Yoga Sarah	10:05-11:05am BodyPump Sandi	10:35-11:35am Yoga Nicole	10:05-11:05am BodyCombat Andrea	10:35-11:35am BodyCombat Holly
	11:50-12:30 Zumba Express Karin		11:50-12:30pm Muscle/Cardio Endurance Theresa		11:50-12:30 Yoga Express Rachel/Laura	
	1:30-2:30pm SilverSneakers MSROM Sandi		1:30-2:30pm SilverSneakers MSROM Sandi/Nicole		1:30-2:30pm SilverSneakers MSROM Sandi	1:30-2:30pm Family Taekwondo (Must Register)
	4:35-5:25pm Pilates Valerie	4:35-5:25pm Zumba Karin	4:35-5:25pm PiYo Valerie	4:35-5:25pm BodyCombat Exp Amy	4:30-5:00 Family Zumba Anne	SUNDAY
	5:30-6:20pm Step II Cindy	5:30-6:30pm Yoga Jeff W	5:30-6:20pm Step II Cindy	5:30-6:30pm Yoga Jeff W		1:30-2:30pm BodyPump Sandi/Dave/ Melissa/Violet
	6:30-7:15pm BodyPump Express Jill	6:35-7:25pm Family Taekwondo (Must Register)	6:30-7:30pm BodyPump Karen/Violet	6:35-7:35pm Zumba Jenny		
	7:20-8:05pm BodyCombat Express Holly		7:35-8:35pm Zumba Karin			
	8:10-8:40pm Core Strength Jeff W	7:45-8:45pm BodyPump Dave		7:45-8:45pm BodyPump Dave		

GROUP CYCLING

					SATURDAY
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 Steve
8:15-9:15am Sandi	8:30-9:30am Jodi	8:15-9:15am Sandi	8:30-9:30am Jodi	8:15-9:15am Sandi	8:15-9:00 Johann
	11:50-12:30pm Theresa		11:50-12:30pm Theresa		
5:30-6:15pm Kelly	6:00-6:45pm Steve	5:30-6:15pm Sandi	5:45-6:45pm 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!**

Athletic Conditioning...is a class to improve your cardiovascular and muscular fitness. You will see improvements weekly! Class includes sprints, plyometrics, self weight bearing exercises, and Calisthenics. It is a class for all abilities!

BodyCombat...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...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. Come early!

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.

Low-Impact Cardio Dance-This upbeat class combines the moves and music of dance with the cardiovascular power of aerobics.

Low-Impact Cardio Strength-Develop muscular strength and endurance while helping your body burn more fat by increasing lean body mass. This class uses a combination of weights, tubing, and bands.

Muscle/Cardio Endurance-Strengthen, tone and define while training your heart and muscles for endurance.

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@...Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

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: Friday 4:30-5:00pm; The whole family is invited!

Family Taekwondo...Ages 6+

A Korean self-defense form that teaches courtesy, integrity, perseverance, self-control and strong spirit.

Wellness Programs to Register For KIDS:

Tumbling...Ages 3-5 Monthly:\$21/mem \$42non-mem

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. SEE EARLY EDUCATION FLYERS

Jr. Trainers...Ages 8-15

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 Monthly: \$30/mem \$60/non-mem

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. SEE EARLY EDUCATION FLYERS

Wellness Programs to Register For ADULTS:

TEAM CHALLENGE

Lose weight and gain your health back in our TEAM Challenge. TEAMS of 4-6 people, coached by a certified trainer twice per week, compete to lose the most weight. LAUNCHING AGAIN IN JANUARY.

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. 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