



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

GROUP EXERCISE SCHEDULE

TWIN RIVERS YMCA * 6100 Twin Rivers Circle * Valley, NE 68064 * (402) 359-9622

January – March 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| BODYPUMP™ (Pat) 5:30-6:30am AS | BODYATTACK™ (Kris) 5:30-6:30am AS | | | BODYPUMP™ (Pat) 5:30-6:30am AS | BODYPUMP™ Chris/Maggie/Renee 7:15-8:15am AS |
| BODYPUMP™ (Kris) 8:15-9:15am AS | Cardio Blast/Abs (Kris) 8:30-9:30am AS | Group Cycle (Dennis) 8:15-9:15am WC | BODYPUMP™ (Kris) 8:15-9:30am AS | Cardio Blast (Kris) 8:30-9:15am AS | BODYATTACK™ (Renee/Christy) 8:30-9:30am AS |
| | | | | | Yoga (Susan) 9:40-10:20am AS |
| Senior Swim (Dennis) 8:30-9:15am P | Senior Swim (Dennis) 8:45-9:45am P | Senior Swim (Dennis) 9:15-10:00am P | Senior Swim (Dennis) 8:45-9:45am P | Senior Swim (Dennis) 8:45-9:45am P | Tumbling 5-6 yr old [Angie] 10:30-11:15am AS |
| Zumba® (Anna) 9:30-10:15am AS | | Zumba® (Anna) 9:30-10:15am AS | BODYATTACK™ (Kris) 9:30-10:30am AS | BODYPUMP™ (Kris) 9:30-10:30am AS | Tumbling 7 + up [Angie] 11:30-12:30pm AS |
| "Get Started" Cycling (Dennis) 9:30-10:00am WC | | | | | |
| Active Older Adult (Dennis) 10:20-10:50am AS | | Active Older Adult (Dennis) 10:20-10:50am AS | | Active Older Adult (Dennis) 10:35-11:05am AS | |
| Chair Yoga (Susan) 11:00-11:30am AS | | Chair Yoga (Susan) 11:00-11:30am AS | | Zumba Gold (Hadeel) 11:15am-11:45am AS | |
| | BODYPUMP EXPRESS™ (Ariel) 5:15-5:45pm AS | | | | |
| BODYATTACK™ (Renee/Christy) 5:30-6:30pm AS | Group Cycle (Anand) 5:45-6:45pm WC | BODYPUMP™ (Renee) 5:30-6:30pm AS | BODYPUMP™ (Maggie) 6:00-7:00pm AS | | |
| BODYPUMP™ (Renee) 6:45-7:45pm AS | | | | | SUNDAY |
| Aquacise (Tami) 7:00-8:00pm P | | Aquacise (Tami) 7:00-8:00pm P | | | |

[AS – Aerobic Studio]

[WC – Wellness Center]

[P – Pool]

[OS – Outside]

CLASS DESCRIPTIONS

Twin Rivers YMCA

Cardio

BODYATTACK™ is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

Get Started Cycle is a 30 minute class showing the basics of group cycling. Designed for the beginner rider or anyone wanting an easy ride. Perfect for anyone new to cycling, including seniors.

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

Zumba® Fitness uses exotic rhythms set to high-energy Latin and international beats.

Strength

BODYPUMP™ is the original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body.

Combo

Cardio Blast/Abs utilizes hand held weights, step, kick-boxing and cardio dance to increase muscular endurance and strength.

Mind/Body

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

Active Older Adults

Active Older Adults A class to build strength and improve balance and flexibility in active older adults.

Chair Yoga is a chair-based yoga class that is inspiring, energizing and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

Zumba® Gold takes the Zumba® formula and modifies the moves and pacing to suit the needs of the Active Older Adult.

Aqua

Senior Swim offers fun, shallow water movement to improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. No swimming ability is required.

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