



**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

April 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	H.I.I.T. (Terry) 8:45-9:30am AS	Group Cycle/Circuit (Macy) 8:15-9:15am CC	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	
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	
Group Cycling (Macy) 9:30-10:15am CC					
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.

H.I.I.T. High Intensity Interval Training is a high intensity interval class geared men and women looking to challenge their fitness stamina. Modifications will be offered.

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!