



**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**

**May 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) 8:15-9:15am 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) 9:00-10:00am P	Senior Swim (Dennis) 9:00-10:00am P	Senior Swim (Dennis) 9:00-10:00am P	Senior Swim (Dennis) 9:00-10:00am P	<b>Aqua Zumba (Hadeel) 9:30-10:15am P</b>	
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	
<b>Group Cycling (Macy) 9:30-10:15am CC</b>					
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			
	BODYPUMP EXPRESS™ (Ariel) 5:15-5:45pm AS				
BODYATTACK™ (Renee/Christy) 5:30-6:30pm AS	Group Cycle (Anand) 6:00-6:45pm WC	BODYPUMP™ (Renee) 5:30-6:30pm AS	BODYPUMP™ (Maggie) 6:00-7:00pm AS		
BODYPUMP™ (Renee) 6:45-7:45pm AS					<b>SUNDAY</b>
Aquacise (Tami) 7:00-8:00pm P		Aquacise (Tami) 7:00-8:00pm P			

[AS – Aerobic Studio]

[WC – Wellness Center]

[P – Pool]

**NEW CLASS!**

# CLASS DESCRIPTIONS

## Twin Rivers YMCA

### Cardio

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

**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.

### 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.

**Aqua Zumba** uses dance and fitness moves to the background of fun, upbeat music.

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