



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

September 5th - December 31st 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Pat) NEW TIME! 5:15-6:15am AS	BODYATTACK™ (Kris) 5:30-6:30am AS	BODYPUMP EXPRESS™ (Ariel) 5:30-6:00 am AS		BODYPUMP™ (Pat) NEW TIME! 5:15-6:15am 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		BODYPUMP™ (Kris) 8:15-9:15am AS	Kickboxing (Cyndi) 8:30-9:15am AS	BODYATTACK™ (Renee) 8:30-9:30am 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	Aqua Zumba (Hadeel) 9:30-10:15am P	Yoga (Susan) 9:40-10:20am AS
Cycling (Macy) 9:30-10:15am CC	Yoga (Cyndi) 9:45-10:30am AS	Cycling (Macy) NEW TIME! 9:30-10:15am CC	BODYATTACK™ (Kris) 9:30-10:30am AS	BODYPUMP™ (Kris) 9:30-10:30am AS	
Zumba® (Anna) 9:30-10:15am AS		Zumba® (Anna) 9:30-10:15am AS			
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			
	Cycling (Macy) 4:15-5:00pm CC				
BODYATTACK™ (Renee) 5:30-6:30pm AS	BODYPUMP EXPRESS™ (Ariel) 5:15-5:45pm AS	BODYPUMP™ (Renee) 5:30-6:30pm AS			
BODYPUMP™ (Renee) 6:45-7:45pm AS			BODYPUMP™ (Maggie) NEW TIME! 6:45-7:30pm AS		SUNDAY
Aquacise (Tami) 7:00-8:00pm P		Aquacise (Tami) 7:00-8:00pm P			

AS – Aerobic Studio

CC – Community Center

P – Pool

NEW CLASS!

CLASS DESCRIPTIONS

Twin Rivers YMCA

Cardio

BODYATTACK™ caters to anyone, using instructor-led options. It combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. This class is for anyone who wants to feel like an athlete in an awesome team environment.

Cycling improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

Zumba® mixes low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Much of the music used in the class is Latin- rhythm inspired.

Strength

BODYPUMP™ is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great movement.

Combo

H.I.I.T. High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

Mind/Body

Yoga In this class the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscle, developing a mind-body connection.

Active Older Adults

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

Chair Yoga This class offers the benefits of yoga with the stability of a chair. The focus is on developing strength, flexibility, and balance and restoration in a safe guided practice.

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 blends the fun of Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

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