



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 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Pat) 5:15-6:15am AS		BODYPUMP EXPRESS™ (Ariel) 5:30-6:00 am AS	H.I.I.T. (Heather) 5:45-6:30am	BODYPUMP™ (Pat) 5:15-6:15am AS	
BODYPUMP™ (Kris) 8:15-9:15am AS	H.I.I.T. (Terry) 8:45-9:30am AS	Ultimate Strength & Cardio (Mindy) 8:30-9:15am	BODYPUMP™ (Kris) 8:15-9:15am AS	BODYPUMP™ (Kris) 8:15-9:15am AS	BODYPUMP Express™ Chris/Maggie/Renee 8:00-8:45am AS <b>New Time!</b>
Aqua Restore (Dennis) 9:15-10:15am P	Aqua Restore (Dennis) 9:15-10:15am P	Aqua Restore (Dennis) 9:15-10:15am P	Aqua Restore (Dennis) 9:15-10:15am P	Aqua Zumba (Hadeel) 9:15-10:00am P <b>New time!</b>	Yoga (Renee) 9:00-9:40am
Cycling (Macy) 9:30-10:15am CC	Step Interval (Heather) 9:45-10:30am	Cycling (Shelby) 9:30-10:15am CC	BODYATTACK™ (Kris) 9:30-10:30am AS	Ultimate Strength & Cardio (Heather) 9:30-10:15am	Cycling (Amanda) 9:45-10:30am CC
Zumba@ (Anna) 9:30-10:15am AS		Zumba@ (Anna) 9:30-10:15am AS			
Low Impact Cardio Strength (Dennis) 10:45-11:30am AS	Silver Sneakers (Jenn) 10:45-11:30am AS	Low Impact Cardio Strength (Dennis) 10:45-11:30am AS	Silver Sneakers (Jenn) 10:45-11:30am AS	Low Impact Cardio Strength (Dennis) 10:45-11:30am AS	
	Cycling (Macy) 11:15am-12:00pm <b>Begins January 22nd!</b>				
BODYATTACK™ (Kris) 5:30-6:30pm AS	BODYPUMP EXPRESS™ (Ariel) 5:15-5:45pm AS	BODYPUMP Express™ (Renee) 6:00-6:45pm AS <b>New Time!</b>	Cycling Express (Amanda) 5:30-6:00pm		
BODYPUMP™ (Renee) 6:45-7:45pm AS	H.I.I.T. Express (Ariel) 6:00-6:30pm AS	Yoga (Renee) 7:00-7:45pm	Kickboxing (Jacki) 6:15-7:00pm		
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 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.

**Kickboxing** combines elements of martial arts with athletic drills to create a fun, high-energy workout. This class will leave you feeling sweaty and stronger.

### Combo

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

**Ultimate Strength and Cardio** participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in the high intensity class. Modifications can be made for all fitness levels.

**Step Interval** utilizes a platform bench for cardiovascular interval conditioning and free weights or resistance tubing to strengthen and tone. Options will be shown to increase/decrease intensity level.

### 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

**Low-Impact Cardio Strength** this class allows participants to improve their strength and cardiovascular systems. Participants will increase their heart rates with high energy, low impact aerobics moves, and strengthen their muscles through the use of resistance tubing, dumbbells or their bodyweight.

**SilverSneakers® Classic Move** to the music through a variety of exercises designed to increase strength and range of motion. Hand held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

### Aqua

**Aqua Restore** Focuses on restoring movement and joint stability in the aquatic environment.

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