



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 27<sup>th</sup> – August 31<sup>st</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Pat) 5:15-6:15am AS		BODYPUMP EXPRESS™ (Ariel) 5:15-6:00 am AS	H.I.I.T. (Heather) 5:30-6:15am AS	BODYPUMP™ (Pat) 5:15-6:15am AS	
BODYPUMP™ (Kris) 8:15-9:15am AS	H.I.I.T. (Terry) 8:45-9:30am AS	<b>NEW TIME!</b> Ultimate Strength & Cardio (Mindy) 8:15-9:00am AS	BODYPUMP™ (Kris) 8:15-9:15am AS	BODYPUMP™ (Kris) 8:15-9:15am AS	<b>NEW TIME!</b> BODYPUMP Express™ Chris/Maggie 8:00-8:45am AS
Aqua Restore (Dennis) 9:15-10:15am P	Aqua Restore (Dennis) 9:15-10:15am P	<b>NEW TIME!</b> Core & More (Mindy) 9:00-9:25am AS	Aqua Restore (Dennis) 9:15-10:15am P	Aqua Zumba (Hadeel) 9:15-10:00am P	<b>NEW TIME!</b> Cycling (Amanda) 9:00-9:45am CC
Zumba@ (Anna) 9:30-10:15am AS	Kickboxing (Jacki) 9:35-10:20am AS	Aqua Restore (Dennis) 9:15-10:15am P	BODYATTACK™ (Kris) 9:30-10:30am AS	Ultimate Strength & Cardio (Heather) 9:30-10:25am AS	
Cycling (Macy) 9:30 – 10:15am CC		Cycling (Shelby) 9:30-10:15am CC			
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 CC		Cycling (Macy) 11:15am-12:00pm CC		
	<b>NEW CLASS!</b> Kids on the Move (Ariel) 3:30-3:55pm Ages 5-8 4:00-4:30pm Ages 9-12 AS	<b>Summer fun for your kiddos! Kids on the Move Starting June 4<sup>th</sup>! June 4<sup>th</sup> – August 1<sup>st</sup> Ages 5-12</b>	<b>NEW CLASS!</b> Kids on the Move (Ariel) 3:30-3:55pm Ages 5-8 4:00-4:30pm Ages 9-12 AS		Circuit (Amanda/Heather/ Maggie) 1:00-1:45pm AS
<b>NEW TIME!</b> BODYATTACK™ (Kris) 5:30- 6:15pm AS	BODYPUMP EXPRESS™ (Ariel) 5:15-5:45pm AS		Cycling (Amanda) 5:45-6:30pm CC		
<b>NEW TIME!</b> BODYPUMP™ (Renee) 6:30-7:30pm AS	H.I.I.T. Express (Ariel) 6:00-6:30pm AS	<b>NEW TIME!</b> Yoga (Renee) 6:00-6:45pm AS			AS – Aerobic Studio CC – Community Center P – Pool
Aquacise (Tami) 7:00-8:00pm P		Aquacise (Tami) 7:00-8:00pm P			

# 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.

**Core & More** focuses on strengthening the abdominals, back, and gluteal muscles using a variety of equipment. This class will help to improve posture and assist with improved functioning for a healthy lifestyle.

### Combo

**Circuit** combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

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

**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.

**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 this high intensity class. Modifications can be made for all fitness levels.

### Mind/Body

**Yoga** builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Family

**Kids on the Move** is a fun class to get those little ones moving! Geared toward kids who are ages 5-12, Kids on the Move will incorporate games, silly dancing, drills and fun songs to make your child fall in love with exercise. Summer session will run from June 4<sup>th</sup>-August 1<sup>st</sup>. \*\*No parent participation needed.

### Active Older Adults

**Low-Impact Cardio Strength** 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** participants 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

**Aquacise** is a low-impact class emphasizing cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end (use of balls, pool noodles and/or water weights).

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

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