



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

March 2nd- April 4th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Pat) 5:15-6:15am AS		Ultimate Strength & Cardio (Ariel) 5:15-6:00 am AS	Yoga (Mikaela) 5:15-6:00am AS	BODYPUMP™ (Pat) 5:15-6:15am AS	
BODYPUMP™ (Kris) 8:15-9:15am AS	Barre (Anna) 8:45-9:30am AS	Active Together (Heather) 8:20-9:20am AS	BODYPUMP™ (Kris) 8:15-9:15am AS	BODYPUMP™ (Kris) 8:15-9:15am AS	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	Y Weight loss (Courtney) 9:35am-10:35am AS *Fee/registration required	Aqua Restore (Dennis) 9:15-10:15am P	Aqua Zumba (Hadeel) 9:00-10:00am P	Cycling (Amanda) 9:00-9:45am CC
Cycling (Macy) 9:30-10:15am CC	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	Barre (Anna) 10:00-10:45am CC
Zumba® (Anna) 9:30-10:15am AS		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	
Chair Yoga (Jenn) 11:45-12:30pm AS	Cycling (Macy) 11:15am-12:00pm CC	Circuit (Courtney) 11:15am-12:00pm W	Cycling (Macy) 11:15am-12:00pm CC		SUNDAY
Delay the Disease (Courtney) 1:00-2:00pm AS *Registration required					Active Together (Jenn) 1:00pm-2:00pm AS
BODYATTACK™ (Kris) 5:30-6:15pm AS	BODYPUMP EXPRESS™ (Ariel) 5:30-6:00pm AS		Express Cycling (Amanda) 5:45-6:15pm CC		
BODYPUMP™ (Renee) 6:30-7:30pm AS	H.I.I.T (Ariel) 6:15-6:45pm AS	Active Together (Jenn) 6:00-7:00pm AS	Core and More (Ariel) 6:20-6:55pm AS		AS – Aerobic Studio CC – Community Center P – Pool W-Wellness Floor
Aquacise (Tami) 7:00-8:00pm P		Aquacise (Tami) 7:00-8:00pm P			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.

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.

ACTIVE TOGETHER is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will insure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP™.

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.

Barre is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

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

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.