



# Group Exercise

**Spring 2012**  
Effective May 1, 2012

**Contact Information**  
Michelle Kiddoo  
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## Cycling Classes

This is an anaerobic and aerobic workout on indoor stationary bikes that simulate outdoor bikes, in a class atmosphere. There are a limited number of bikes, so please arrive early to secure your bike. Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

### Class Descriptions

**Advanced Group Cycling:** This 60+ minute class will push you a little more by adding an extra 20+ minutes to your ride. This class can be modified for all fitness levels.

**Begin Group Cycling:** This class is a lower intensity ride that is geared toward the beginner cyclist, however, it can be modified for intermediate and advanced riders or for your recovery day.

**Fit for Life - Cycling:** This lightly paced, 30-minute cycling class is targeted to those 50+ who want another style of cardiovascular activity, improve lower body strength and maintain an active lifestyle.

**Group Cycling:** This is a 40-45 minute class. These classes are designed for all fitness levels.

### Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am - 6:25 am		Advanced Group Cycling Carrie	Advanced Group Cycling Aaron		Advanced Group Cycling Aaron	OPEN 7:00 am	OPEN 10:00 am
5:45 am - 6:25 am	Group Cycling Jim			Group Cycling Jim			
9:00 am - 9:45 am						Group Cycling Megan	
9:15 am - 10:00 am					Group Cycling Cindy		
12:00pm - 12:45 pm	Group Cycling Denise		Group Cycling BJ	12:15-12:45 pm Fit for Life Group Cycling D	Group Cycling Jackie		
1:00 pm - 1:45 pm							Group Cycling Gary
5:30 pm - 6:15 pm	Group Cycling Bev		Group Cycling Gary / Geri		Group Cycling Tim		
5:45 pm - 6:30 pm		Group Cycling Andrew		Group Cycling Annette			
6:30 pm - 7:00 pm	Begin Group Cycling Michelle D.		Begin Group Cycling Rosi / Denise				

# Land Classes

With a variety of formats including cardio based, mind-body, dance and strength training, we've got something for everyone! Adults of all fitness levels are encouraged to join these classes. Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

## Class Descriptions

**Body Sculpt:** Cardio and strength combined in one class! Enjoy doing a set of weight training moves that focus on a specific body area and then jump right into a cardio move.

**Boot Camp:** You won't find any dance move in this high intensity, sweat-inducing workout. If you are up for the challenge, join us for conditioning drills, high intensity cardio and strengthening exercises. Modifications offered for beginning/intermediate.

**Cardio Blast:** Break through exercise plateaus or try something new with this heart pounding cardio class. You'll never be bored as you are lead through different cardio formats including step, kickboxing and circuit.

**Cardi Yoga:** For every *body*. A great mixture of the yoga positions and flows you already love and **intense** interval to get your heart pumpin'! Not your average yoga class nor your average cardio class... This is the best of both worlds and guaranteed to leave you feeling amazing and knowing that you did something great for your body, mind and spirit.

**Combo:** This class offers you the best of both worlds... hi/lo impact aerobics and step aerobics to give you a fun-filled, energizing cardiovascular workout for all fitness levels.

**Core & More:** A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment.

**Fit For Life – Cardio:** An advanced chair class that is primarily standing cardio. Includes non-impact choreography designed to increase cardio and muscular endurance by incorporating hand-held weights, elastic tubing with handles and balls used for resistance and hand/eye coordination. (50+)

**Fit For Life – Strength:** Have fun and move to the music through a variety of seated chair exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, tubing with handles and a ball are used for resistance. (50+)

**Fit For Life – Stretch :** A half-hour of seated chair and standing yoga-inspired moves that will benefit your spirit, mind & body. The exercises are designed to increase flexibility, balance and range of motion. Deep breathing and relaxation exercises are included to improve lung function, mental clarity...and your mood. Join us today! (50+)

**Kettlebell Kardio:** Check out this new format and take your cardio workouts to the next level. Kettlebells will be used for many of the exercises and the focus will be on increasing your cardiovascular endurance. Some resistance and core training may be included.

**Pilates:** A unique method of body conditioning that focuses on core conditioning to strengthen the abdominals and lower back. Using the science of "contrology", it strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind.

**Pi Yo:** Yoga combines with Pilates to take you through a flow of easy to follow movements. Get all the benefits of both classes; core strength, flexibility and balance from one class!

**Power Pump:** A motivating, challenging, strength training class set to music. Tone and strengthen your body in a fun class setting utilizing high repetitions and low weight.

**Resistance Training:** Strength training is an essential part of a healthy lifestyle. A variety of exercise equipment is used for total body strengthening.

**Step-Power:** Put a little "umph" in your step workout with high intensity moves! You'll have fun with the challenge and enjoy the invigorating feeling you get from these exciting moves. The cardio portion will be followed by a muscle toning and strengthening section targeting all major muscle groups.

**Turbo Kick®:** Turbo Kick® is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength/endurance training and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

**Yoga:** Free your spirit, calm your mind and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

**Yoga Basic:** Recommended for those interested in learning the basic fundamentals of Yoga. This class focuses on the proper form, postures, breathing techniques and relaxation exercises associated with the Yoga discipline.

**Yoga Meltdown:** An intermediate to advanced yoga class flowing quickly from one pose to another with a final hold of each pose after several repetitions. Burn more calories and get your heart rate up as you strengthen your body and stretch the muscles.

**Yoga Teen:** Yoga postures, breathing and relaxation set to contemporary music will provide an opportunity for teens 9-16 to take on challenges in strength, agility and endurance. An opportunity to calm your minds through movement and breath. A non-competitive, safe place to take time to be still and develop a body mind connection.

**Zumba®:** Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. We want you to work out, to love working out, to get hooked.

**Zumba Gold®:** Modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements; zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun.

**Quick Fit Studio:** Unable to make it to a class or need to get a great workout in quickly? This hydraulic equipment in the Quick Fit Studio will offer you the resistance you need to get both a cardio and strength workout in a short amount of time.

This class is great for beginners, active older adults, pre- and post-natal and youth (parents must be present in the studio at all times with youth 9-13 years old, unless a graduate of the Youth Fitness Class). Free orientation included with your membership, sign up at the front desk.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45 am-6:25 am			Power Pump Brooke			OPEN 7:00 am	OPEN 10:00 am
6:30 am-7:00 am			Pilates Kiley				
6:30 am-7:15 am		Yoga Maria		Yoga Debra			
7:30 am-8:30 am						Yoga Maria	
9:15 am - 9:55 am	Combo Renee	Zumba® Diana/Lyndsay	Cardio Blast Renee	Boot Camp Mandi	Zumba® Becky	9:00-10:00 am Step - Power Jackie	
10:00 am - 10:45 am	Resistance Training Renee	Pilates Cynthia	Core & More Jessica	Body Sculpt Trish			
10:00 am-11:00 am					PiYo Jessica		
11:05 am - 11:50 am			Basic Yoga Michelle L.				
11:15 am-11:45 pm	Fit for Life Stretch Jessica				Fit for Life Stretch Jessica		
12:00 pm-12:45 pm	Fit for Life Strength Lindsey	Zumba® Gold Brooke	Fit for Life Strength Lindsey		Fit for Life Cardio Denise		
1:00 pm-1:55 pm							Zumba® Jenny / Kaydee
2:00 pm-2:55 pm							Power Pump Carrie
3:00 pm-4:00 pm							Yoga Michelle D.
4:00 pm - 4:50 pm		Teen Yoga Michelle L.					
5:00 pm-6:00 pm						Yoga Meltdown Michelle L.	
5:30 pm-6:25 pm	PiYo Jessica	Step - Power Tiffany	Boot Camp Sarah	Zumba® Kristi			
5:30 pm-6:30 pm					Boot Camp Tessa		
6:35 pm-7:25 pm	KettleBell Kardio Lacey	Yoga Maria	Power Pump Geri /Samantha	Yoga Michelle D.			
7:35 pm - 8:25 pm	Cardi Yoga Hannah	Zumba® Kaydee	Turbo Kick® Mackenzie				

# Water Classes

Water exercise is for everyone! Training in the pool is great for that everyday workout, cross-training, recovery days and injury recovery. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program as well as pre- and post-natal exercise and sports training. Each class incorporates a warm-up, cardiovascular work, muscle strengthening, stretching and cool down, with or without water equipment. Proper swimwear is required and a water bottle is recommended. Please shower before entering the pool. Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.

## Class Descriptions

**Ai Chi:** A simple exercise and relaxation program performed using deep breathing and slow, broad movements of arms, legs and torso to increase oxygen consumption and improve body alignment.

**Aqua Joints Arthritis (Non-member Extra Fee):** Wonderful opportunity for people with mild arthritis, bursitis, knee problems, or muscle and joint stiffness. Majority of class takes place in the shallow end of the pool. Endorsed by the Arthritis Foundation Aquatic Program.

**Fit for Life H2O:** Perfect place to start an exercise program due to the no or low impact buoyancy factor that offers natural resistance from the water. (50+)

**Water Fit Challenge:** Interval work is an integral part of this class, alternating between strong, prolonged movements to increase the heart rate followed by slower movements to recover. We all have different fitness levels that can be pushed by yourself and motivated by your instructor. Classmates are encouraged to support and motivate each other while improving spirit, mind and body.

**Water Fit Combo:** Get the benefits of both worlds by utilizing both the shallow and deep ends of the pool in this exciting class. Try this class and add some variety to your workout. Aquabelts and resistance tools are used as needed for floatation assistance.

**Water Fit Deep:** Maximize your cardio workouts and improve your strength with this high energy, deep-water workout. Aquabelts and resistance tools are used as needed for floatation assistance.

**Water Fit Shallow:** This class is performed in the shallow end of the pool and will include low impact, high intensity exercises.

**Water Fit Toning:** This class will incorporate balls, bands, boards and noodles to create a wonderful balance for total body toning.

## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45 am - 6:30 am	Water Fit Combo Michelle	Water Fit Combo Debbie	Water Fit Deep Jodi	Water Fit Combo Michelle	Water Fit Deep Jodi	OPEN 7:00 am	OPEN 10:00 am
8:15 am - 9:00 am	Water Fit Combo Michelle	Water Fit Shallow Barb	Water Fit Combo Michelle	Water Fit Challenge Sandy	Water Fit Combo Denise		
9:00 am- 9:45 am						Water Fit Deep Anne and Larry	
11:15 am - 11:45 am	Arthritis Denise		Arthritis Sally		Arthritis Denise		
1:00 pm - 1:45 pm	Fit for Life H2O Denise	Fit for Life H2O Michelle	Fit for Life H2O Martha	Fit for Life H2O Caroline	Fit for Life H2O Denise		
4:00 pm- 4:45 pm							Water Fit Combo Jenny / Janet Caroline
5:45 pm- 6:45 pm	Water Fit Deep /Toning Jill	Water Fit Combo /Toning Cathi	Water Fit Combo /Toning Cathi	Water Fit Challenge Rolayne			
6:45 pm - 7:30 pm		AiChi Paulette		AiChi JoAnne		CLOSE 7:00 pm	CLOSE 7:00 pm

### Cooper

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### Fallbrook

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### Northeast

2601 N. 70th Street  
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### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
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### Camp Kitaki

570 Fallbrook Blvd., #210  
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