

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

Aqua Track (M2): Maximize your cardio workouts and improve your strength with this water workout.

Aqua Zumba (H2): Known as the Zumba "pool party" Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

Water Fit (M2): Maximize your cardio workouts and improve your strength in this water based class. Format will vary and may include shallow and/or deep end use. Aqua belts and resistance tools are used as needed for floatation assistance and building strength.

Class Schedule- Pool

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:15 am		Water Fit (M2) Katherine B.	Water Fit (M2) Katherine B.	Water Fit (M2) Kellee V.	Water Fit (M2) Kellee V.		
11:00 am-11:45 am	Water Fit (M2) Melissa K.		Water Fit (M2) Trish H.		Water Fit (M2) Trish H.		
5:30 pm-6:15 pm	Water Fit (M2) Lyn S.		Water Fit (M2) Lyn S.		Aqua Zumba (H2) Rachel L.		

Copple Family	Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
8700 Yankee Woods Dr., St. B	6767 S. 14th Street	1039 P Street	700 Penrose Drive	2601 N. 70th Street	570 Fallbrook Blvd., # 210	570 Fallbrook Blvd., #210
Lincoln, NE 68526	Lincoln, NE 68512	Lincoln, NE 68508	Lincoln, NE 68521	Lincoln, NE 68507	Lincoln, NE 68521	Lincoln, NE 68521
(402) 327-0037	(402) 323-6400	(402) 434-9230	(402) 323-6444	(402) 434-9262	(402) 434-9217	(402) 434-9225



Group Exercise

2019

Effective January 7th

Contact Information

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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 is 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

Cycling Fusion (L3): This class consists of group cycling mixed with other formats. May include yoga, strength, boot camp, core training and TRX.

Group Cycling (varies): This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome.

Complexity of Choreography: L – Low M – Medium H – High
Exercise Intensity: 1 – Low 2 – Medium 3 – High

Class Schedule- Studio B

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:20 am	Group Cycling (L3) Sarah K.	Group Cycling (M3) David H.	Group Cycling (L2) Cory C.	Group Cycling (M3) David H.	Group Cycling (M3) Cory C.		
9:00 am-9:45 am						Group Cycling (L3) John H. Every 3rd Saturday- ride will extend to 10:30 am.	
8:30 am-9:20 am			Cycle Fusion (L3) John H.				
9:30 am-10:20 am		Cycle Fusion (L3) Betsy A.		Cycle Fusion (L3) Betsy A.			
12:15 pm-12:55 pm	Group Cycling (M2) Mary L.		Group Cycling (M2) Tallie G.		Group Cycling (M2) Tallie G.		
5:30 pm-6:20pm		Group Cycle (M3) John H.		Group Cycling (L3) John H.	Group Cycling (L1) William D.		
6:30 pm-7:20 pm	Group Cycling (L3) Geri S.		Group Cycling (L2) Molly N.	6:30 pm-7:00pm Beginner Cycling (L1) Geri S.			

Copple Family Y

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 YMCA Youth Policy for minimum age requirements to attend adult group exercise classes.

Complexity of Choreography: L – Low M – Medium H – High
Exercise Intensity: 1 – Low 2 – Medium 3 – High

Class Descriptions

Boot Camp (L3): Join us for this high intensity, sweat-inducing workout. Boot Camp includes conditioning drills, strength, cardio, muscle endurance, flexibility, core and functional movement patterns. Classes may utilize a variety of tools: bodyweight exercises, weights, kettlebells, battle ropes, plyoboxes, medicine balls, and more! Modifications offered for beginners/intermediate.

Core & More (M2): A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment.

Fit For Life Chair Stretch/Yoga (L1): Improve balance, range of motion and flexibility through yoga poses led with the assistance of a chair. Perfect for those who do not wish to get down on the ground, those with a lack of flexibility or those who struggle with balance. Deep breathing and relaxation exercises are included to improve lung function, mental clarity and your mood. Join us today! (50+)

Kickboxing (M2): Join us for combination of a powerful upper body workout of punches and lower body explosion of kicks. Classes will include simple combinations and basic cardio moves to keep your heart rate pumpin'.
Please Note: Gloves are not provided by the YMCA.

Meditation (L1): Take a mental breather for a rejuvenating mediation practice that will help you reset your mind, reduce stress and increase focus and productivity.

MixedFit® (H2): A people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp-inspired toning. This format combines music you'd hear on the radio or at the club with repetitive, easy-to-follow dance and toning moves. It's a perfect class for both group fitness beginners, expert dancers and everything in between.

POP Pilates (M2): An incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level.

PiYo (M2): Yoga combined 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 C.S.I. (Cardio, Strength, Intervals) (M3): Challenge yourself with innovative full-body strength exercises, core training and unique free-weight and body-weight resistance combinations between cardio intervals for an ultimate dynamic strength and total conditioning workout. Cardio may include jump rope, kickboxing, or other body weight aerobic activity.

REFIT ®(M2): Cardio dance fitness program designed to engage the body and soul, building endurance, and community while engaging muscles. Exciting music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

Step (H2): A high energy, cardiovascular step workout that includes periods of weight training intervals. Get the maximum calorie burn you can with this up tempo class format. Great for achieving strength and cardiovascular endurance!

Strength Training (M2): is an essential part of a healthy lifestyle at any age and any level of ability. Get leaner and stronger with a variety of exercise equipment for total body strengthening.

Tabata (L3): This high intensity interval class will focus on cardio intervals, using the Tabata style of training. Each exercise consists of 20 seconds of work, followed by 10 seconds of rest. This class is sure to get your heart pumping!

Tai Chi/Chair Yoga(L1): A progressive and gentle exercise done standing up. This class is a moving meditation that is based on ancient martial arts. Tai Chi helps improve flexibility, coordination, strength and balance-all while helping to relieve stress.

Treadmill + (L2): Meet us in the cardio area for this motivating instructor-lead workout on the cardio machines. Even if you prefer the bikes or ellipticals, you can still follow the workout. If you are short on time or feel your cardio machine workouts are stale, this is the class for you!

Turbo Kick® (H2): 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 (varies): 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.

Zumba® (H2): 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.

Class Schedule– Studio A

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:20 am	Boot Camp (L3) Crystal S. Treadmill + (L2) Jen S. Wellness Floor	Power C.S.I. (M3) Jen S.	Boot Camp (L3) Jarvis G.	Strength Training (M2) Justene C.	Boot Camp (L3) Jen S./Kelsey F.		
8:30 am-9:20 am	Strength Training (M2) Kelly R.				Strength Training (M2) Jessica F.	Tabata (L3) Justene C.	
9:30 am-10:20 am	Tabata (L3) Lindsey S.	Power C.S.I (M3) Gail H.	Tabata (L3) Jen S.	Power C.S.I. (M3) Gail H.	Tabata (L3) Lindsey S.	Boot Camp (L3) Justene C.	
10:30 am-11:20 am		Zumba (H2) Lisa W.		REFIT®(M2) Kendra M.		Zumba (H2) Greta G.	
12:15 pm-12:45 pm	Strength Training (M2) Amy M.	Fit For Life Strength (L1) Jen S.	Core & More (M2) Jen S.	12:15 pm-1:00 pm Strength Training (L2) Trish H.			
2:00 pm-2:50 pm							POP Pilates® (H2) Alana F.
4:30 pm-5:20 pm	Boot Camp (L3) Rotation	REFIT®(M2) Season E.	Step (H2) Robin W.	Boot Camp (M2) Macy A.			
5:30 pm-6:20 pm	Zumba (H2) Jodi W.	Power C.S.I. (M3) Justene C.	Boot Camp (L3) Kendra Mc.	Zumba (H2) Kristi U.			Zumba (H2) Lisa W.
6:30 pm-7:20 pm	MixedFit (H2) Catherine D.	Strength Training (M2) Justene C.	MixedFit (H2) Catherine D.	Strength Training (M2) Justene C.			

Class Schedule - Studio C

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:20 am	Yoga (M2) Kate	Yoga (M2) Vanessa W.	PiYo (M2) Betsy A.	Yoga (M2) Jessie K.	Yoga (M2) Andi C.		
8:30 am-9:30 am		Yin Yoga (M2) Christina H.				Yoga (M2) Holly M.	
9:30 am-10:20 am	Yoga (M2) Jessie K.		Yoga (M2) Vanessa W.		Yoga (M2) Jessie K.		
10:30 am-11:20 am		11:00 am-11:50 am Tai Chi/Chair Yoga (L1) Trish H.		Yoga (M2) Vanessa W.			
12:15 pm-1:05 pm	Yoga (L1) Trish		Fit for Life Chair Stretch/ Yoga (L1) Trish	12:15 pm-12:55 pm Kickboxing (M2) Lindsey S.	Yoga (L1) Trish		
2:00 pm-2:30 pm							Meditation (L1) Lyn S.
3:00pm-3:50pm							Restorative Yoga (L1) Andi C.
4:30 pm-5:20 pm	Kickboxing (M2) Kurt N./ Miranda B.		Kickboxing (M2) Jess F.				4:00 pm-4:50 pm Restorative Yoga (L1) Andi C.
5:00 pm-5:50 pm		Yoga (L2) Jane C.		Yoga (M2) Kate H.			
5:30 pm-6:20 pm	Yoga (M3) Holly O.	Martial Arts	Yoga (M2) Maro M.	Martial Arts	6:00 pm-6:50 pm Yoga (L2) Andi C.		
6:30 pm-7:20 pm	Yoga (M2) Holly M.	Martial Arts	Yoga (M3) Holly O.	Martial Arts			