

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. 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

Fit for Life H2O (L1): 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 Combo (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.

Water Fit Shallow (L1,M2): This class is performed in the shallow end of the pool. Format may include low impact, high intensity exercises or water walking, stretching and flexibility exercises designed to increase range of motion and reduce stress on joints.

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

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45 am-6:45 am	Water Fit Combo Pat M2	5:30-6:15 am Water Fit Combo Melissa M2	Water Fit Combo Amy W. M2	5:30-6:15 am Water Fit Combo Melissa M2	Water Fit Combo Pat M2		
8:00 am-8:45 am	Water Fit Combo Marcia M2	Water Fit Combo Marcia M2	Water Fit Combo Carrie M2	Water Fit Combo Marcia M2	Water Fit Combo Staff M2	Water Fit Combo Becky M2	
Afternoon Classes	12:00-12:45 pm Fit For Life H2O Amy S. L1		12:00-12:45 pm Fit For Life H2O Amy S. L1		12:00-12:45 pm Fit For Life H2O Marcia/Kayla L1		
5:30-6:15 pm	Water Fit Combo Lacey M2		Water Fit Combo Debbie C. M2		Water Fit Combo Lacey M2		
6:30 pm-7:15 pm		Water Fit Shallow Kathy M2		Water Fit Shallow Kathy M2			



Group Exercise

Winter 2019

Effective January 1, 2019

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.

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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 (L1, L2, L3): 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

Cooper Y

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early Morning Classes	5:45-6:30 am Group Cycling Holly L2	5:30-6:15 am Group Cycling Kim L3	5:45-6:30 am Group Cycling Zach L3	5:30-6:15 am Group Cycling Holly L2	5:45-6:30 am Group Cycling Becky M. L1	7:30-8:30 am Group Cycling Megan N./Kim L3	
Mid to Late Morning Classes	9:15-10:15 am Group Cycling Mary L. L3	9:15-10:15 am Group Cycling Noelle L2	9:15-10:15 am Group Cycling Audra L2	9:15-10:00 am Group Cycling Tallie L2	9:15-10:15 am Group Cycling Audra/Mary W. L3	9:00-10:00am Group Cycling Noelle L2	12:00-1:00pm Group Cycling Bridget L3
Afternoon Classes							
Evening Classes	5:30-6:15 pm Group Cycling Danielle L2	5:30-6:15 pm Group Cycling Ashley W./ Danielle L2	5:30-6:15 pm Group Cycling Rachel S. L2	5:30-6:15 pm Group Cycling Danielle L3			
Evening Classes	6:30-7:15 pm Cycling Fusion Renee L2	6:30-7:15 pm Group Cycling Megan N. L2	6:30-7:15 pm Group Cycling Becky M. L2				

Land Classes

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

Class Descriptions

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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, body bars, resistance bands and more! Modifications offered for beginning/intermediate.

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

Country Heat™ (H2): A high-energy, low-impact, **country** dance-inspired fitness program that so totally fires up the fun—you won't even feel like you're working out!

Delay the Disease™ (L1): Through cardiovascular, strength, balance and flexibility training we will teach people with Parkinson's Disease how to manage symptoms and maintain quality of life. This empowering program will provide skills to assist with ease of movement, confidence and independence. These skills will benefit everyone no matter your age. *Pre-registration required. Inquire with Health and Wellness Director.

Fit For Life–Chair Stretch/Yoga (L1): Improve balance, range of motion, flexibility and strength through poses led with the assistance of a chair. Learn the basics of complete breathing, how to perform stretches safely, and relax mindfully.

Fit For Life Strength (L1): 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+)

LIVESTRONG® at the YMCA (L1): An evidence-based 12-week program that helps adult cancer survivors reclaim their health and well-being after a cancer diagnosis. A supportive, certified instructor leads a small group through cardiovascular conditioning, strength training, balance, and flexibility exercises. Camaraderie, encouragement and healthy activity are key components of LIVESTRONG at the YMCA. *Pre-registration required. Inquire with Health and Wellness Director.

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.

MS Class (L1): A gentle workout for people with Multiple Sclerosis or other physical challenges, designed to maintain strength, flexibility, and cardiovascular health. Assistance devices welcome.

PiYo® (M2): 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 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.

Power Pump (M2): 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. A variety of exercise equipment is used for total body strengthening.

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

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 training class will focus on cardio intervals utilizing 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!

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!

Yoga (L1,M2, M3): 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.

Zumba® Step (H2): Looking to feel the burn, baby? Looking to strengthen and tone your legs and glutes? Step right up. A Combination of awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

STRONG by Zumba® (M3): Combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early Morning Classes	5:15–6:15 am Boot Camp Thena Gym 5:30–6:30 am Yoga Rosalind Studio B	5:30–6:30 am Country Heat™ Alana Studio A 5:00–6:10 am Yoga (M2) Andi Studio B	5:30–6:30 am Power CSI Audra Studio A	5:30–6:30 am PiYo® Alana Studio A 5:30–6:30 am Yoga (M3) Maryana Studio B	5:15–6:05 am Boot Camp Kim Gym 5:30–6:15 am Tabata Thena Studio A		
Morning Classes	8:15–9:10 am Power Pump Mary W. Studio A 9:15–10:10 am Tabata Tallie Studio A 9:15–10:10 am Yoga (M2) Alana Studio B	9:15–10:10 am Power CSI Thena Studio A 9:15–10:30 am Yoga (M2) Jessie Studio B 10:00–11:00am MS Class Mary—Quick Fit 10:15–11:15 am Zumba® Sydney Studio A	8:15–9:10 am Power Pump Mary R. Studio A 9:15–10:10 am Power CSI Tallie Studio A 9:15–10:10 am Yoga (M2) Dawn Studio B	9:00–9:40 am Power CSI Judy Studio A 9:15–10:10 am Yoga (M2) Maggie Studio B 9:45–10:45 am Zumba® Sydney Studio A 9:45–10:45 am Treadmill+ MS Class Mary W. Cardio Area 10:00–11:00am MS Class Mary—Quick Fit 10:30–11:45am Delay the Disease™ Amy S. Pre-registration required 11:00–11:30 am Core & More Noelle Studio A	8:15–9:10 am Power Pump Mary R. Studio A 9:15–10:10 am Boot Camp Thena/Judy F. Studio A 9:15–10:10 am Yoga (M2) Christina Studio B	8:45–10:00 am Yoga (M3) Maryana Studio B 9:00–9:55 am Zumba®/MixedFit® Rotation Judy/ Catherine	
Morning Classes	10:15–11:00 am Strength Training Tallie Studio A 10:15–10:45 am Core & More Noelle Studio B	10:35–11:05 am Core & More Noelle Studio B 10:45–11:45am Delay the Disease™ Kayla Pre-registration required	10:15–11:00am Strength Training Tallie Studio A 10:15–11:15 am Zumba® Lisa W. Studio B		10:15–11:15 am Strength Training Judy F Studio A		
Afternoon Classes	12:00–1:00 pm Bootcamp Thena Studio A 4:30–5:25 pm Boot Camp Nikki Studio A	12:00–1:00 pm Tabata Thena Studio A 1:00–1:45pm Strength Training Lyndsy Studio A	11:20–11:50 am Fit For Life Strength Amy S. Studio A 12:00–1:00 pm Bootcamp Mary W. Studio A 4:30–5:25 pm Strength Training Nikki Studio A	12:00–1:00 pm Tabata Amy S. Studio A 1:00–1:45pm Strength Training Amy S. Studio A	11:20–11:50 am Fit For Life Chair Stretch/Yoga Beth Studio A 12:00–1:00 pm Bootcamp Mary W. Studio A 4:30–5:25 pm Strength Training Nikki Studio A		1:00–2:00 pm Power Pump Anne Studio A 2:05–2:50 pm Zumba® Greta/Lisa Warren Studio A 3:00–4:00 pm Boot Camp Blake Studio A 4:00–5:00 pm Yoga (L2) Manjit Studio B
Evening Classes	5:30–6:15 pm Strength Training Ashley W. Studio A 5:35–6:25 pm MixedFit® Aimee Studio B	5:15–5:45 pm Core & More Anne Studio A 5:50–6:45 pm Bootcamp Lorraine Studio A	5:30–6:25 pm Bootcamp Zach Studio A 5:45–6:45 pm Yoga (L2) Maggie Studio B	5:30–6:30 pm Bootcamp Lois Studio A	5:45–6:45 pm Zumba® Aimee Studio A		
Evening Classes	6:30–7:30 pm Yoga (M2) Susy Studio B 6:30–7:25pm Zumba® Lois Studio A			6:30–7:25 pm Yoga (M2) Emelia Studio A			
Late Evening Classes	7:30–8:30 pm Bootcamp Zach Studio A	7:20–8:20 pm Zumba® Kwakiutl Studio A	7:00–8:00 pm Zumba® Sydney Studio A	7:30–8:25 pm Zumba® Aimee Studio A			