

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

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 or 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

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:00 am-10:00 am						Water Fit Combo Steph/Rolayne M2
4:00 pm-5:00 pm	Water Fit Shallow Bruce L1		Water Fit Shallow Bruce L1		Water Fit Shallow Bruce L1	
5:30 pm-6:30 pm	Water Fit Shallow Rolayne M2	Water Fit Combo Rolayne M2				



Group Exercise

2019

Effective January 1

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 (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

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15 am-6:05 am	Cycling Fusion David Hobson L3						
5:30 am-6:30 am		Group Cycling Rhonda L3		Group Cycling Rhonda L3			
6:15 am-7:15 am					Cycling Fusion David Hobson L3		
7:30 am-8:30 am						Cycling Fusion Shari L3	
12:05 pm-12:45 pm	Group Cycling Steph M L2	Group Cycling Shari L2	Group Cycling Kim L2	Group Cycling Steph L L2			
2:30 pm-3:30 pm							Group Cycling Bruce L1
4:30 pm-5:20 pm		Cycling Fusion Madeline L3		Cycling Fusion Neal L3			
5:30 pm-6:30 pm	Group Cycling Tammy L3		Group Cycling David Hill L3				

Downtown 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.

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: body-weight exercises, weights, kettlebells, battle ropes, plyoboxes, medicine balls and more! Modifications offered for beginning/intermediate.

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

Meditation (L1): Take a mental breather for a rejuvenating meditation 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 bootcamp-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.

Pilates (L2): 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.

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.

POUND@ (M2): Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

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. Exhilarating 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): Strength training 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!

Walking Group (L1): Join this group for a brisk walk outdoors to rejuvenate your spirit, mind and body. Enjoy the social and physical benefits of meeting with this group and being in motion. Instructor will provide walking route primarily outdoors and may include occasional strength training exercises. Bring a co-worker, neighbor, friend and get your walk on!

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.

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

Class Schedule (Classes located on 3rd floor unless noted otherwise.)

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am-6:30 am		Step Vann H2			Step Vann H2		
5:30 am-6:45am			Strength Training (Step 6:30-6:45 H2) Gayle M2	Strength Training (Step 6:30-6:45 H2) Gayle M2			
6:45 am-7:30 am		Pilates Dixie L2		Pilates Dixie L2			
8:00 am-8:50 am						Yoga Lois L1	
9:00 am-10:00 am						Strength Training Nikki M2	
9:30 am-10:30 am							Yoga Maria M2
9:30 am-11:00 am	Yoga Maggie L2		Yoga Maggie L2				
10:00 am-10:55 am							Pound-begins 11/11 Nikki, 2nd floor H2
10:10 am-11:10 am						Zumba Deb H2	
11:15 am-11:45 am		Power C.S.I. Karla, 2nd floor M3		Power C.S.I. Carla, 2nd floor M3			
11:20 am-12:10 pm					Yoga Madeline M3		
11:30 am-12:10 pm	Step Denny H2	Yoga Sarah M2	Core & More Carey M2	Strength Training Denny M2			
11:30 am-12:30 pm					Boot Camp Jerry, 5th floor L3	Yoga Beth L1	
12:00 pm-1:10 pm							Step Dennis H2
12:15 pm-1:00 pm	Strength Training (Tabata 12:55-1:05 L3) Karla M2	Strength Training Denny M2	Power C.S.I. Kristine M3	Zumba Deb H2	Strength Training (Tabata 12:55-1:05 L3) Katie M2		
12:15 pm-1:00 pm		Walking Group Stephanie L1					
12:20 pm-12:40 pm			Meditation Bethel L1				
1:05 pm - 2:05 pm	Yoga Tiffany L2						
3:40 pm-4:40 pm							Yoga Janet M2
4:30 pm-5:15 pm			POP Pilates@ Alana M2				
4:30 pm-5:20 pm	MixedFit@ Sydney, 2nd floor H2						
4:30 pm-5:25 pm		Yoga Janet M3		Step Denny H2			
4:45 pm-5:25 pm	Strength Training Gayle M2						
5:30 pm-6:20 pm		Boot Camp Brett, 2nd floor L3					
5:30 pm-6:25 pm	Step Travis H2						
5:30 pm-6:30 pm				REFIT@ Lora, 2nd floor M2			
5:30 pm-6:45 pm			Yoga Madeline M3	Yoga David M2			
5:35 pm-6:25 pm		Zumba Lori H2					
6:30 pm-7:20 pm	Yoga David M2						

***Please note: Classes are held in the 3rd floor Group Exercise Center unless noted "Gym" or "2nd floor". The "2nd floor" classes are held in the Group Cycling Center.**