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

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>9:00 am-10:00 am</td>
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<td>Water Fit Combo</td>
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<tr>
<td>4:00 pm-5:00 pm</td>
<td>Water Fit Shallow Bruce L1</td>
<td>Water Fit Shallow Bruce L1</td>
<td>Water Fit Shallow Bruce L1</td>
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<tr>
<td>5:30 pm-6:30 pm</td>
<td>Water Fit Shallow Rhonday M2</td>
<td>Water Fit Combo Rhonday M2</td>
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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, Tabata, HIIT 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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<tbody>
<tr>
<td>5:15 am-6:05 am</td>
<td>Cycling Fusion David Hobson L3</td>
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<tr>
<td>5:30 am-6:15 am</td>
<td>Group Cycling Diane L3</td>
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<tr>
<td>5:30 am-6:30 am</td>
<td>Group Cycling Rhonda L3</td>
<td>Group Cycling Rhonda L3</td>
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<tr>
<td>6:15 am-7:15 am</td>
<td>Cycling Fusion David Hobson L3</td>
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<tr>
<td>7:30 am-8:30 am</td>
<td>Group Cycling Shari L3</td>
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<tr>
<td>12:05 pm-12:45 pm</td>
<td>Group Cycling Steph M L2</td>
<td>Group Cycling Shari L2</td>
<td>Group Cycling Kim L2</td>
<td>Group Cycling Steph L L2</td>
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<tr>
<td>2:30 pm-3:30 pm</td>
<td>Group Cycling Bruce L1</td>
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<tr>
<td>4:30 pm-5:20 pm</td>
<td>Group Cycling Neal L2</td>
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<tr>
<td>5:30 pm-6:30 pm</td>
<td>Group Cycling Tammy L3</td>
<td>Group Cycling David Hill L3</td>
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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, plyboxes, medicine balls and more! Modifications offered for beginner/intermediate.

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

Delay the Disease (L1): Through cardiovascular, strength, balance and flexibility training we will teach people living 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.

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.

Mixed@It (H2): A people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp-inspired toning. This format combines music you'll 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.

Tabata (L3): 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!

POP Plates® (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): A unique method of body conditioning that focuses on core conditioning to strengthen the abdominals and lower back. Using the science of ‘controlled chaos’, it strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind.

POP Pilates® (M2): A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment.

REFIT® (L3): A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment.

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.

Step (L2): 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!

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!

Delay the Disease (L1): Through cardiovascular, strength, balance and flexibility training we will teach people living 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.

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.

Yoga (varied): 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.

Yumba (H2): Yumba 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

*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.