

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 Shallow (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.

These classes are performed in the Activity Pool or Lap Pool, please refer to the schedule.

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
5:30 am-6:20 am		Water Fit Shallow Wendy Activity Pool		Water Fit Shallow Wendy Activity Pool			
5:45 am-6:35 am	Water Fit Shallow Tonee Activity Pool		Water Fit Shallow Debbie Activity Pool				
8:00 am-8:50 am	Water Fit Shallow Debbie Activity Pool	Water Fit Shallow Diana Activity Pool	Water Fit Shallow Debbie Activity Pool	Water Fit Shallow Diana Activity Pool	Water Fit Shallow Tonee Activity Pool		
8:15 am-9:05 am						Water Fit Shallow Wendy Activity Pool	
9:30 am-10:20 am	Water Fit Shallow Rotation Activity Pool	Water Fit Shallow Janalynn Activity Pool	Water Fit Shallow Tanya Activity Pool	Water Fit Shallow Tonee Activity Pool	Water Fit Shallow Rotation Activity Pool		
12:15 pm-1:00 pm					Water Fit Shallow Danna Activity Pool		
6:00 pm-6:50 pm	Water Fit Shallow Melissa Lap Pool	Water Fit Shallow Brooke Lap Pool	Water Fit Shallow Melissa Lap Pool	Water Fit Shallow Brooke Lap Pool			



Group Exercise

2019

Effective: 1/2/19

Contact Information

Melissa Walker
402.323.6432

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

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, lower back, gluteal muscles using a variety of equipment.

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 (L2) 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

Fallbrook Y

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15 am-6:05 am	Group Cycle Carla		Group Cycle Carla		Group Cycle Carla		
9:30 am-10:20 am	Group Cycle Michelle		Group Cycle Rhonda	Group Cycle Jana 9:30-10am	Group Cycle Rotation	Group Cycle Ashley D.	
10-10:30 am				Core & More Jana			Group Cycle Emily W. 1-1:30 pm
5:00 pm-5:20 pm	Core & More Ashley D.	Boot Camp Amanda 5:15-5:45pm	Core & More Ashley D.				Core & More Emily W. 1:30-1:50 pm
5:30 pm-6:20 pm	Group Cycle Ashley D.		Group Cycle Ashley D.	Group Cycle Jess 5:30-6pm Core & More Jess 6-6:20pm			
6:30 pm-7:20 pm		Cycling Fusion Brian 6-7 pm	Group Cycle Emily W. 6:30-7 pm	Boot Camp Nate			

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

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 beginning/intermediate.

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

Delay the Disease™ * (L1) Pre-register for this class to reserve your spot. Visit with the Health and Wellness Director for more details.

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.

Enhance Fitness* (M1) Pre-register for this class to reserve your spot. Visit with the Health and Wellness Director for more details. This nationally recognized arthritis management program is proven to assist adults of all ages in reducing their arthritis symptoms and becoming more active, energized and empowered for independent living through cardiovascular endurance, strength, flexibility, and balance movements in a relaxed, encouraging and supportive atmosphere.

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.

Kickboxing (M2) Join us for a 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 pumpin'. **Please Note: The purchase of boxing gloves is recommended for this class.**

LIVESTRONG® at the YMCA* (L1) Pre-register for this class to reserve your spot. 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. Next session begins in April. Visit with Melissa Walker, Health and Wellness Director, for more information.

Mixed Fit® (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.

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.

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.

Yoga (L1-M3) 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.

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 Toning® (H2) Love Zumba and looking for a little extra fun? Zumba toning combines the latin moves from Zumba with toning exercises to add a little more challenge to the dance party.

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
5:30 am-6:20 am	Boot Camp Natalie Studio A	Boot Camp Claire Studio A	Boot Camp Natalie Studio A	Boot Camp Katie Studio A	Boot Camp Carlos Studio A		
8:30 am-9:20 am	Step Jackie Studio A	Strength Training Rhonda Studio A Pilates Alana Studio C	Boot Camp Jana Studio A Yoga(L1) Maggie Studio C	Strength Training Jana Studio A Pilates Melissa Studio C	Step Jackie Studio A	Yoga(M2) Rotation Studio C	
9:30 am-10:20 am	Boot Camp Ashlie G. Studio A Yoga(M2) Nichole Studio C 9:30-10:30 am	Kickboxing Rhonda Studio A Yoga(L1) Nichole Studio C	Boot Camp Dusty Studio A Yoga(M3) Nichole Studio C	Yoga(L1) Iryna Studio C	Kickboxing Tasha Studio A Yoga(M2) Nichole Studio C	Power C.S.I. Rotation Studio A	
10:30 am-11:00 am	Core & More Chris Studio A Fit for Life– Chair Stretch/Yoga Iryna Studio C. 10:45-11:30 am		Core & More Rhonda Studio A	Fit for Life– Chair Stretch/ Yoga Maria Studio C. 10:30-11:15 am			
11:05 am – 12:05 pm	Enhance Fitness* Chris Studio A		Enhance Fitness* Rhonda Studio A		Enhance Fitness* Melissa Studio A		
12:15 pm – 1:00 pm	Boot Camp Kate Studio A Yoga(M2) Iryna Studio C 12-12:45pm	Boot Camp Kate Studio A	Boot Camp Kevin Studio A	Boot Camp Kate Studio A	Yoga(M2) Iryna Studio C 12-1pm		Boot Camp Carlos Studio A 11:30 am—12:20 pm
3:00 pm – 3:50 pm							Yoga(M2) Rotation Studio C Zumba® Mindy Studio A
4:30 pm-5:20 pm	Step Carla Studio A	Pop Pilates® Alana Studio C 4:15-4:45 pm	Boot Camp Carla Studio A	Boot Camp Jodie Studio A			
5:30 pm-6:20 pm	Pop Pilates® Alana Studio C 5:30-6:15pm Strength Training Tae-Woo Studio A	Power C.S.I. Ashley D. Studio A 5—5:50 pm	Boot Camp Emily W. Studio A	Step Rebekah Studio A			
6:30 pm-7:20 pm	Boot Camp Nate Studio A Yoga(M2) Amy Studio C	Zumba Toning® Lyndsay Studio A 6-6:50 pm	Core & More Jess Studio A 6:30-7 pm Yoga(M2) Amy Studio C	Mixed Fit® Danielle Studio A	Mixed Fit® Michelle Studio A 6-6:50pm		
7:30 pm-8:20 pm	Kickboxing Kristie Studio A	Mixed Fit® Aimee Studio A 7-7:50pm	Power C.S.I. Jess Studio A 7—7:30 pm				