

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.

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

Class Descriptions

Ai Chi (M1): A simple exercise and relaxation program performed using deep breathing and slow, broad movements of arms, legs and torso to increase oxygen consumption, improve body alignment and balance.

Aqua Arthritis (L1): Wonderful opportunity for people with mild arthritis, bursitis, knee problems, or muscle and joint stiffness. Majority of class takes place in the shallow end of the pool.

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.

Aqua Yoga (L1) Aqua yoga adapts the postures and principles of yoga, including *breathing* and mindfulness, to an aquatic environment. It is a gentle and very low impact aquatic activity.

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) or (L3): 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

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am - 6:15 am		Water Fit Combo Michelle	Water Fit Combo Jodi	Water Fit Combo Michelle	Water Fit Combo Jodi	OPEN 7 am	OPEN 10:00 am
8:15 am - 9:00 am	Water Fit Combo Michelle	Water Fit Combo Barb	Water Fit Combo Denise	Aqua Yoga Maria L.	Water Fit Combo Linda	Aqua Zumba Becky C.	
11:00 am - 11:30 am	Aqua Arthritis Denise		Aqua Arthritis Denise		Aqua Arthritis Linda		
1:00 pm - 1:45 pm	Fit for Life H2O Denise	Fit for Life H2O Sheila	Fit for Life H2O Linda	Fit for Life H2O Sheila	Fit for Life H2O Denise		
3:30 pm - 4:15 pm							
5:45 pm - 6:30 pm	Water Fit Combo Cathi	Water Fit Combo Tini	Aqua Zumba Rachel	Water Fit Combo (M3) Rolayne		POOL CLOSES 6:30 pm	POOL CLOSES 6:30 pm
6:30 pm - 7:15 pm	AiChi JoAnn	No AiChi: 1/7, 14 2/4 3/11, 18 4/8 5/20, 27					



Group Exercise

Winter 2019

Effective January 1, 2019

Contact Information

Michelle Kiddoo
402-434-9257
mkiddoo@ymcalincoln.org

Cycling Classes

This is an anaerobic and aerobic workout on indoor stationary bikes that simulate outdoor bikes, in a class atmosphere. There are 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
5:30 am - 6:25 am		Group Cycling (L3) Aaron	Group Cycling (L3) Jim	Cycling Fusion (L3) Jared	Group Cycling (L3) Aaron	OPEN 7:00 am	OPEN 10:00 am
5:45 am - 6:25 am	Group Cycling (L2) Jim						
7:15 am - 8:45 am						Group Cycling (L3) Rotating Instructors	
9:00 am - 9:45 am		9:00-9:55 am Cycling Fusion (L3) Michelle S.			Group Cycling (L2) Cindy	Group Cycling (L2) Jim / Kimberly	
12:00pm - 12:45 pm	Group Cycling (L2) Denise		Group Cycling (L2) Sara D.		Group Cycling (L2) Michelle S.		
1:00 pm - 1:45 pm							Group Cycling (L2) Gary
5:30 pm - 6:15 pm	Group Cycling (L2) Bev		Group Cycling (L2) Gary / Geri		Group Cycling (L2) Rachel		
6:00 pm - 6:45 pm		Group Cycling (L2) John		Group Cycling (L2) Kimberly			
6:30 pm - 7:00 pm	Group Cycling (L1) Tessa					CLOSE 7:00 PM	CLOSE 7:00 PM

Northeast 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 Lincoln YMCA Youth Policy regarding 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, plyo boxes, medicine balls and more! Modifications offered for beginning/intermediate.

Cardio Blast (L3): Break through exercise plateaus or try something new with this heart pounding cardio class. You'll never be bored as you are lead through different cardio formats. May include step, hi-lo, kickboxing, circuit or functional training.

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.

Enhance@Fitness (M1): 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.

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 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.

PiYo® (M2): PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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. 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.

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.

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.

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!

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.

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.

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.

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am - 6:25 am	Power C.S.I. Jessica Y.	Step Tiffany	Pilates Kiley		Tabata Jenny		
6:35 am - 7:35 am		Yoga (M2) Debra		Yoga (M2) Maria P.		OPEN 7:00 am	
7:30 am - 8:30 am						Yoga (M2) Maria P.	
9:00 am - 9:50 am	Step Renee	Zumba® Lyndsay F.	Cardio Blast Renee	Boot Camp Mandi L.	Zumba® Becky C.	9:00-10:00 am Tabata Lyndsey B.	
9:00 am - 10:00 am					Boot Camp (Gymnasium) Michelle S.		
10:00 am - 10:45 am	Strength Training Renee	Pilates Cynthia	Core & More Jessica K.		10:00-11:00 am Pilates Jessica K.		OPEN 10:00 am
10:55 - 11:55 am	Enhance@Fitness <small>New session begins January 14</small> Jessica K.	Delay the Disease™ <small>New session begins January 14</small> Amy	Enhance@Fitness <small>New session begins January 14</small> Jessica K.	Delay the Disease™ <small>New session begins January 14</small> Carol			
* 11:45 am- 1:00 pm		LIVESTRONG® at the YMCA Jessica/Terri <small>*pre-registration required New session begins January 14</small>		LIVESTRONG® at the YMCA Jessica/Terri <small>*pre-registration required New session begins January 14</small>			
11:15 am- 11:45 am					Fit for Life Chair Stretch/ Yoga (L1) Jessica K.		
11:55 am - 12:55 pm					Enhance@Fitness <small>New session begins January 14</small> Michelle K.		
12:00 pm - 12:25 pm	Fit for Life Chair Stretch/ Yoga (L1) Jessica K.		Fit for Life Chair Stretch/ Yoga (L1) Jessica K.				
12:15 pm - 1:00 pm		Boot Camp Michelle S. / Sara D.		Boot Camp Andrea			
1:00 pm- 1:50 pm							MixedFit® Cathy / Sydney / Abby
2:00 pm- 2:50 pm							Power C.S.I. Sara D.
3:00 pm- 4:00 pm							Yoga (M2) Emelia
4:35 pm - 5:20 pm	Turbo Kick ® Sara A.	Zumba® Step Rachel	REFIT® Kaydee	PiYo® Sara A.	Tabata Lyndsey B.		
5:30 pm- 6:20 pm	Boot Camp Melissa	Power C.S.I. Samantha	Tabata Jenny		Yoga (M2) Heather		
6:30 pm- 7:20 pm	Zumba® MacKenzie	Yoga (M2) Debra	Strength Training Lyndsay F.	Yoga (L1) Michelle D.			
7:30 pm - 8:20 pm	Yoga Maria L.	Zumba® Lisa W.		Power C.S.I. Michelle D.		CLOSE 7:00 PM	CLOSE 7:00 PM