

## CLASS DESCRIPTIONS

Classes are categorized in levels 1-4. Level 1 is best suited for those just starting. Level 4 is highest intensity.

### Level 1:

**AFYAP**- A program sponsored by the National Arthritis Foundation and the YMCA of the USA. Water exercise specific for people with mild to moderate arthritis and those with other therapeutic needs.

**SilverSneakers® – Muscular Strength & Range of Movement**—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® – Cardio Circuit**—Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

**SilverSneakers® YogaStretch**—YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Level 2:

**Aquacise/Sculpting Water** - Build cardio endurance & strengthen while you work against the water's resistance.

**Aqua F.I.T.** - Aerobic & resistance interval training in the water to maximize calorie burn and utilize the water's resistance, with modifications to accommodate various fitness levels.

**Yoga/Sunrise Yoga** - Mind-Body connection using breath & meditation to increase muscle flexibility/strength thru Yoga poses.

**Deep Water** - Interval paced aerobic workout in the deep end of the pool. Use of flotation devices to stay afloat.

**Silver Splash** - Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Streamline**-Adult swim lap exercise class to build muscle tone and oxygen capacity. Must be able to swim length of pool, goggles recommended.

**Total Toning** -Tone the entire body with use of hand weights, resistance bands, and stability balls.

**Zumba**- A danced-inspired cardio class with infectious music, easy-to-follow dance moves, with little instructor cueing. It is all about movement, no rhythm required.

**Youth Cycling** —Done on a stationary bike this class will develop your cardiovascular strength and endurance. Learn the basics with other beginners as your instructor will lead you through different styles of rides with motivational music and class instruction. The bike will only work as hard as you want it to as both the speed and resistance are in YOUR control.

**FIT Beginnings**— Introductory class for those wanting to start a regular workout routine where you will switch between cardio inspired movements with muscle engaging lifts to maximize calorie burn and build lean muscle.

### Level 3:

**All About the Core** - Utilizing a stability ball, this class will help to strengthen the entire core (back & stomach)

**Fusion**—This class will marry cardio and weights **Tabata** style for one dynamic workout!

**Group Cycling**- A low-impact group exercise class on specially-built stationary bikes. Space is limited. Reserve your bike thru signup sheets available at 16<sup>th</sup> Front Desk.

**HIIT (High Intensity Interval Training)** - Engage in multiple cardio activities using the bench, body bars, BOSU, resistance training for a full body intensive workout that maximizes calorie burn. Shape and tone every muscle.

**Les Mills Body Pump** - This original barbell class challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**Step** - This hour workout takes your traditional step class up a notch! Power moves such as burpees and lunges, plus the use of a bench for your step combinations are perfect to target your lower body muscles.

**Tabata**-Interval training w/20 seconds of strong effort paired with 10 second recovery.

**AquaTabata**—Tabata in the water!

**Target Tabata**- This class will follow the Tabata principles of interval but include strength based exercises.

**Cycling Tabata** - Tabata consisting of various exercises on and off the bike. This class will feature a combination of strength training and cardio.

### Level 4:

**F.I.T.- (Focused Interval Training)** Switch between cardio inspired movements with muscle engaging lifts to maximize calorie burn and build lean muscle.

**Insanity** - Insanity is a high-intensity, anaerobic interval training workout designed with athletic drills with modifications to accommodate various fitness levels and result in high calorie burn & cardiovascular fitness gains.

**Kickboxing** - Combine punches, kicks, and agility based movements to develop anaerobic and aerobic fitness.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER ACHIEVING MORE

## GROUP FITNESS SCHEDULE

January/February 2017



Hastings Family YMCA | 402.463.3139 | [www.hastingsymca.net](http://www.hastingsymca.net)

1430 West 16th Street | 1220 West 18th Street | Hastings, Nebraska 68901

# A CLASS FOR EVERY LIFESTYLE

## LAND FITNESS CLASSES

Various locations, locations listed with class



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Insanity 18th St. 5:30-6:20am	All About that Core 18th St. 5:30-6:15am	Insanity 18th St. 5:30-6:20am	All About that Core 18th St. 5:30-6:15am	Insanity 18th St. 5:30-6:20am	
	Body Pump 16th St. 5:30-6:30am	Sunrise Yoga 16th St. 5:45-6:45am	Body Pump 16th St. 5:30-6:30am	Sunrise Yoga 16th St. 5:45-6:30am	Body Pump 16th St. 5:30-6:30am	
			Silver Sneakers Yoga Stretch 16th GYM 8:15-9:00am			
	Insanity 18th St 8:30-9:20am	Fusion 18th St 8:30-9:30am	FIT 18th St 8:30-9:20am	Kickboxing 18th St 8:30-9:30am	FIT 18th St 8:30-9:20am	
	Silver Sneakers MSROM 16th GYM 9:00-10:00am	Silver Sneakers Cardio Circuit 16th St GYM 9:00-10:00am	Silver Sneakers MSROM 16th GYM 9:00-10:00am	Silver Sneakers Cardio Circuit 16th St GYM 9:00-10:00am		HIIT 18th St. 9:00-10:00am
			Body Pump 16th St. 9:15-10:15		Body Pump 16th St. 9:15-10:15	
	FIT Beginnings 18th St. 9:30-10:00am		FIT Beginnings 18th St. 9:30-10:00am		FIT Beginnings 18th St. 9:30-10:00am	
	Total Toning 18th St. 12:15-1:00pm		Total Toning 18th St. 12:15-1:00pm		Total Toning 18th St. 12:15-1:00pm	
Pump/Fusion 16th St. 4:00-5:00pm		Body Pump 16th St. 4:30-5:30pm		Body Pump 16th St. 4:30-5:30pm		
Yoga 16th St. 5:15-6:00pm			Step 18th St. 5:00-5:35pm			
	Body Pump 16th St. 5:30-6:30pm	Yoga 16th St. 5:45-6:45pm	Body Pump 16th St. 5:30-6:30pm	Yoga 16th St. 5:45-6:45pm		
	Zumba 18th St. 5:45-6:45pm	Zumba 18th St. 5:45-6:45pm	Zumba 18th St. 5:45-6:45pm	Zumba 18th St. 5:45-6:45pm		
		Target Tabata 16th St. 7:00-7:45pm		Target Tabata 16th St. 7:00-7:45pm		
	FIT 18th St. 7:00-8:00pm	Kickboxing 18th St. 7:00-8:00pm		Kickboxing 18th St. 7:00-8:00pm		

## GROUP CYCLE CLASSES

Located in the 16th street Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am 8:15-9:00am 5:45-6:30pm - Cycle Tabata	5:30-6:15am 5:45-6:30pm	8:15-9:00am	5:30-6:15am 6:00-6:30pm - Youth Cycling	8:15-9:00am	7:30-8:15am**

## WATER FITNESS CLASSES

Located in the 16th street Pool

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Streamline 5:30-6:30am			Streamline 5:30-6:30am	
		Deep Water 8:00-8:45am		Deep Water 8:00-8:45am		
		Aqua Tabata 8:20-9:00am		Aqua Tabata 8:20-9:00am		Aqua FIT 8:30-9:30am
	Sculpting Water 9:00-10:00am	Sculpting Water 9:00-10:00am		Sculpting Water 9:00-10:00am	Sculpting Water 9:00-10:00am	
	Silver Splash 10:35-11:30am	Aquacise 10:35-11:30am	Aquacise 10:35-11:30am	Silver Splash 10:35-11:30am	Aquacise 10:35-11:30am	
	AFYAP 11:35-Noon		AFYAP 11:35-Noon		AFYAP 11:35-Noon	
	Aqua Tabata 4:30-5:10pm		Aqua Tabata 4:30-5:10pm			
	Sculpting Water 6:45-7:30pm		Sculpting Water 6:45-7:30pm	Sculpting Water 6:45-7:30pm		

\*\* Indicates a new class or a class time change

### FACILITY HOURS

#### 18th St:

M-F: 5am-10pm  
Sat: 7am-8pm  
Sun: Noon-8pm

#### 16th St.:

Mon-Fri: 5am-10pm  
Sat: 7am-8pm  
Sun: Noon-8pm

### CHILD WATCH HOURS

Monday-Friday 8:00AM-1:00PM  
4:30PM-9:00PM  
Saturday 8:00AM-12:00PM

### Fitness Programs:

Couch Potato Triathlon 1/8-2/18  
Small Group PT 1/8-2/18 & 2/19-3/30  
What a Waist 1/7-2/18  
Body Pump Launch 1/13  
Blood Pressure Self-Monitoring Program  
Fitness Benchmarks  
Live Fit