

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

KEARNEY FAMILY YMCA GROUP EXERCISE SCHEDULE

GROUP EXERCISE CLASSES HELD IN AEROBIC ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 AM	Zumba Eileen Jahn	TNT (Tighten & Tone) Kelle Vornhagen	Zumba Kelle Vornhagen	<b>Cardio Tone</b> Kaiti Roeder	Step Cherie Calcatera		
	8:30 AM	Kickboxing Krisa Smith	Zumba Krisa Smith	TNT (Tighten & Tone) Shari Geiser	Zumba Krisa Smith	Kickboxing Krisa Smith	Zumba Alli Fuller	
	9:30 AM	45 min Core & More Shari Geiser		Zumba Shari Geiser		<b>Zumba Toning (Fee Class)</b> <b>Sanae Shea</b>		
	10:30 AM	Silver Sneakers® Sami Stratton		Silver Sneakers® Anne Johnson		Silver Sneakers® Anne Johnson		
	4:00 PM	ZumbAtomic (for Kids!) Sanae Shea						
	5:30 PM	Zumba Charlotte Mroczek	Boot Camp Bert Reeves	Step Cherie Calcatera	TNT (Tighten & Tone) Charlotte Mroczek			
	6:15 PM		Zumba Eileen Jahn		Zumba Sanae Shea			
	6:30 PM	30 Minute Core Shari Geiser/ Laura Aden		30 Minute Core Kaiti Roeder				
7:00 PM	Zumba Shari Geiser / Sanae Shea							

GROUP CYCLING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 AM		Group Cycling Dawn Chavanu		Group Cycling Jaci Kruse			
	5:45 AM			Group Cycling Kaiti Roeder				
	8:30 AM	Group Cycling Kristy Weis		Group Cycling Laura Aden		Group Cycling Rotating Instructors	<b>Group Cycling Rotating Instructors</b>	
	1:30 PM							Group Cycling rotating instructors
	3:00 PM							<b>Group Cycling Rotating Instructors</b>
	5:15 PM		Group Cycling Tanya Holoubeck		Group Cycling Tanya Holoubeck			
	5:30 PM	<b>Group Cycling Dawn Chavanu</b>		Group Cycling Elizabeth Weins				
	6:30 PM	Group Cycling Jerry Fast	Group Cycling Sam Miller		Group Cycling Sam Miller			
7:30 PM		<b>Group Cycling Sam Miller</b>						

PILATES & YOGA CLASSES HELD IN BOARD ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM		Semi-Private Pilates (Fee Class) Charlotte Mroczek		Semi-Private Pilates (Fee Class) Charlotte Mroczek	<b>Yoga (Free to Members)</b> <b>Theresa Yaw</b>		
	8:30 AM							
	9:30 AM	Semi-Private Pilates (Fee Class) Kristy Weis			Semi-Private Pilates (Fee Class) Kristy Weis			
	9:45 AM		Pilates (Free to Members) Kathy Finkner					
	5:45 PM	Pilates (Free to Members) Sami Stratton			Pilates (Free to Members) Sami Stratton			
6:40 PM		<b>Yoga (Free to Members)</b> <b>Anna Hain</b>		<b>Yoga (Free to Members)</b> <b>Anna Hain</b>				

FITNESS CENTER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 AM	Treadmill class (walkers or runners) Tom George						
8:30 AM	Treadmill class (walkers or runners) Laura Aden	Cardio/Tone Laura Aden			Treadmill class (walkers or runners) Rea Shipman			

Most land and cycling based Group Exercise classes are included in your membership! All classes, with the exception of the Speciality classes, are ongoing and on a drop-in basis.

\*Please see back of sheet for class descriptions.

\*Classes in bold are new to this schedule or have a slight change in start time or instructor.

\*Classes in blue are newly added to the previously posted January schedule.

**Winter Schedule: January 1, 2010 - May 31, 2010**

4500 6th Avenue .. Kearney, NE 68845 .. 237-9622

\*\*\*Effective 1/17/2010

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GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

**ZUMBA:** Who knew you could burn so many calories just dancing!! This Latin-inspired, dance-fitness class incorporates Latin and International music and dance movements which create a dynamic, exciting, and effective fitness system. One of our seven certified instructors will give you an incredible cardiovascular workout as well as tone up those muscles. Arms, legs, and especially your core will FEEL it and everyone will see results! Who cares if you "can't dance"...just MOVE! Pick one of our classes taught by one of 8 certified instructors, feel the music, and "join the party!" **Included with membership.**

**ZUMBATOMIC (FOR KIDS!):** Do your kids love to dance, wiggle, and sing along to great songs? Are you looking for a fun way to get your child off the couch and away from the TV or video games? Let us help you out! Our certified ZumbAtomic (for kids) instructor, Sanae Shea, will get your child moving while fusing the Zumba formula with the science behind children's exercises. Offered to anyone ages 5-12. **Included with membership but please register at front desk.**

**BOOT CAMP:** You asked for it, you got it. We are bringing Bert Reeves back to give you this high intensity, high cardio workout. Just like the real thing, Bert will expect you to focus, and he will challenge you to push to your limits and beyond. Bert will change it up and work with all kinds of equipment to give you a well rounded cardio, strength, and endurance workout. So...are you up for the challenge? **Included with membership.**

**KICKBOXING:** This class will physically challenge everyone from the beginner to the advanced. Krisa Smith, our certified Kickboxing instructor, will work every muscle in your body with a variety of combinations that will jab, kick, and knock you out! You want strength and endurance?? You've got it here. Your heart rate will rise and fall with the interval training this class offers...and you will see those muscles become more and more firm and ripped with every class. If you need to "kick it up a notch"...come kickbox with us! **Included with membership.**

**STEP:** If you've ever heard the term "don't mess with a good thing"...it definitely applies to step aerobics. Cherie Calcaterra, our Step instructor, will be sure to give you the cardio workout you are looking for. She'll use standard steps, BOSU®, or a combination of both to take you through high energy, fun patterns and great transitions. Easily modified for the beginner or pumped up a bit for the advanced stepper...wherever you fit in, you will love it!**Included with membership.**

**GROUP CYCLING:** This intense ride is going to challenge even the advanced cyclist! If a great cardiovascular workout paired with lower body and core strengthening is what you're after, give a cycling class a try! Join one of our certified instructors, we have many choices, on a powerful journey up hills and down. Push yourself to your endurance limit! Water is a requirement and one of the "rules of the road"...join us and learn them all! **Included with membership.**

## STRENGTH & FLEXIBILITY CLASSES

**TNT (Tighten & Tone):** This class uses a variety of equipment incorporating all muscle groups to give you a total body workout! BOSU®, weights, bars, balls, Gliding Discs®, bands...you name it, we'll use it. Though not a cardio class...you might feel your heart rate rise once in a while...you WILL feel the burn in each muscle you tone! Look great, feel great, and have fun doing it! Pick your time, and pick your instructor...taught by Kellee Vornhagen, Charlotte Mroczek, and Shari Geiser. **Included with membership.**

**30 MINUTE CORE:** Let's get to the "core" of your workout! A variety of core strengthening exercise will be offered to build strong abdominal, oblique, and back muscles that will protect you from injury, increase your range of motion, and increase strength and balance...all while sculpting your core to get that toned look you want! Working your core muscles will have a major effect on your posture, flexibility, and the strength and functionality of your back. Taught by Shari Geiser, Kaiti Roeder, or Laura Aden...you'll be sure to feel the burn! **Included with membership.**

**45 MINUTE CORE & MORE:** Much like our 30 Minute Core, this class will focus on working the abdominals, obliques, and back muscles. But, this class has more! We will also throw in a little upper body sculpting and save some time for a good stretch at the end. Conveniently offered on Mondays at 9:30 AM, following a variety of cardio class options. Jump into this class to finish off a well rounded Monday morning workout! Taught by Shari Geiser. **Included with membership.**

## SPECIALTY CLASSES

**ZUMBA TONING:** Take your Zumba fitness to the next level by utilizing an innovative muscle training protocol with the addition of light weight toning sticks. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training. Taught by Sanae Shea, certified Zumba Toning Instructor. **Not recommended for beginning Zumba students. Registration required. Class size limited to 15. Members only. Cost: 20.00 per session-(8 week). Toning sticks must be purchased from the YMCA @ 12.00 per pair.**

**SEMI-PRIVATE PILATES LESSONS:** Pilates encourages the use of the mind to control the muscles. It is an exercise program that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. In particular, Pilates teaches awareness of breathing and alignment of the spine, and strengthening of the deep torso muscles. Proper form and continued practicing of Pilates has proven to help alleviate and prevent back pain. Our semi-private lessons will be taught by certified Pilates instructors Kristy Weis or Charlotte Mroczek. Participants will receive individual instruction focusing on form and technique. The use of new equipment, such as the Pilates Ring, Reformer Bar®, Bender Balls®, weighted pilates balls, and Glider Discs® will allow you to fire up your "powerhouse" core muscles. **Class size is limited to eight. No drop-ins allowed. COST: \$75.00 per session-(12-week) Members only. Registration required.**

**PILATES:** Just like our Semi-Private Pilates but in a group setting. Held in the board room, this class will focus on the core postural muscles, correct breathing technique, and balance. Since it is open to all and free with membership, each week our certified instructors will mix things up and this class won't be a progressive Pilates class. So...feel free to drop in twice a week or whenever your schedule allows and you will fit right in! Join us today! Taught by certified Pilates instructors Sami Stratton and Kathy Finkner. **Included with membership. Open class, drop ins welcome.**

**Yoga:** a combination of Ashtanga and Hatha yoga, incorporating poses, breathing and relaxation into an hour long workout. We focus on holding a pose for a minute or two, finding precise body alignment, and moving through a series of poses with control and grace. Do not be deceived...Yoga is as physically demanding as it is building strength, stamina and flexibility. However, it is important not to compete with others and not to overdue the poses, only to deepen into them. Taught by Anna Hain, certified Yoga instructor. **Included with Membership. Open class, drop ins welcome.**

### Silver Sneakers® – 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. **Included with membership.**

## FITNESS CENTER CLASSES

**TREADMILL CLASS:** Get in great condition both mentally and physically with our high-energy treadmill class. No matter if you are awalker or runner, the workouts will adapt to your fitness level. It's all about getting to know the instructor and the members, with their help and motivation you will be energized to meet your fitness goal. Maybe you just need that little push to get into a great workout habit. No matter what your goal is, this is the class for you. **Included with membership.**

**CARDIO/TONE:** This class offers you the best of both worlds. . . cardio and toning to give you a fun-filled, energizing cardiovascular workout for all fitness levels. Your cardiovascular workout will include muscle toning and strengthening followed by a nice relaxing cool down. **Included with membership.**

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online registration [www.keameyymca.org](http://www.keameyymca.org)