



**YMCA at Gothenburg Health  
Fitness Schedule  
September-December 2018**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cardio Crunch</b> 5:30am-6:15am Alexa Libal <b>GHS Track</b>	<b>Barre</b> 5:30am-6:15am Alexa Libal <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45am-6:15am Alexa Libal <b>Pool</b>	<b>H.I.I.T</b> 5:30am-6:00am Alexa Libal <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45am-6:15am Alexa Libal <b>Pool</b>	
	<b>Macho Man Fitness</b> 6:00 am-7:00 am Colton Venteicher <b>YMCA Building</b>	<b>PiYo</b> 6:00 am-7:00am Casey Sutton <b>Y Gym</b>	<b>Macho Man Fitness</b> 6:00 am-7:00 am Colton Venteicher <b>YMCA Building</b>	<b>PiYo</b> 6:00 am-7:00am Casey Sutton <b>Y Gym</b>	<b>Macho Man Fitness</b> 6:00 am-7:00 am Colton Venteicher <b>YMCA Building</b>	<b>Hatha Yoga</b> Kim Stratton 9:00am-10:00am <b>Wellness Center</b>
	<b>Alive &amp; Inside</b> 9:30 am-10:15 am Robin Lutz <b>Y Fitness Room</b>		<b>Wednesday Worship Workout</b> 11:15 am-11:45 am Julie Czochara <b>Y Fitness Room</b>	<b>Strength/Yoga</b> 10:00am-11:0am Lisa Strand <b>Y Fitness Room</b>		
		<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Pool</b>	<b>Young at Heart</b> 12:00pm-12:45 pm Robin Lutz <b>Y Fitness Room</b>	<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Pool</b>		
	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Wellness Center</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Wellness Center</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Wellness Center</b>	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	
	<b>No Limits</b> 5:30pm-6:30pm Heather Kohl <b>Y Fitness Room</b>					
	<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton <b>Y Fitness Room</b>		<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton <b>Y Fitness Room</b>			

Schedule subject to change. For more information call 308-537-4022

## REFIT®

REFIT® is a fitness community. Our vision is to create a fitness experience that changes people from the inside out, and this vision is accomplished by focusing on the heart as a muscle AND a soul. People don't have to get fit in order to be fit at REFIT® – our workouts are designed for everybody regardless of age, shape, size or ability. REFIT® creates a powerful, uplifting fitness experience that lasts well beyond the workout. Are you ready to join the revolution?

## PiYo

PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.



Cardio

Water

## No Limits

A high impact blend of cardio, free weights and body weight. Having fun while pushing your limits. Get out and get moving.

## Water Fit

Get moving with cardio water aerobics. A great workout that you can do at your own pace with less stress to the joints than land based exercise.

## Aqua Intervals

Low-impact exercises alternating between periods of high-intensity exercises & low-intensity recovery periods to blast calories! Because all exercises are in the pool, your body does not experience the same impact high-intensity moves can cause on land. With each exercise you are working against 12 times the resistance of air.

## Hatha Yoga

A gentle, slow, relaxing and great for beginners style of yoga. The poses are held longer for lengthening and flexibility. Hatha Yoga is an older style of yoga using the normal yoga poses while incorporating breathing exercises, which in turn prepare the body for deeper spiritual practices such as meditation.

## Strength/Yoga

Basics of strength building for the senior member or the beginner.

## Barre

A challenging, body altering experience that reshapes your body entirely. Fuse elements of ballet, yoga, Pilates, strength training, and orthopedic stretching into one powerful workout. Increase your strength and flexibility, improve your posture, and boost your energy level.

## H.I.I.T.

Low Impact

A blend of cardio & weights for a fast-paced, toning workout. H.I.I.T incorporates short bursts of a high-intensity exercise followed by a low-intensity activity, & then repeated. All exercises can be made low-impact to ensure a challenging workout for all fitness levels.

## Wednesday Worship Workout

The power of worship music combined with light strength and stretching to exercise your body, mind and spirit.

## Young at Heart

Young at Heart is a low impact fitness class. Incorporating light cardio, free weights, flexibility and balance. Making you feel young at heart.

## Alive & Inside

The use of body weight and hands weights while positioned on the floor without whole body up and down movements. For beginners and ones who want to get back into the swing of things.

## Cardio Crunch

High intensity, high impact with a variety of cardio methods. Running of stadium stairs, body weight push-ups and sit-ups, along with quick movements.

## Macho Man Fitness

A mix of cardio, swimming, sprints on the track, free weights, body weight, basketball and more. All while hanging with the boys.

Mind and Body

Strength