



**YMCA at Gothenburg Health
Fitness Schedule
May - August 2019**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Crunch 5:30am-6:15am Alexa Libal Gothenburg HS Track	Barre 5:30am-6:15am Alexa Libal Y Fitness Room	Aqua Intervals 5:45am-6:15am Alexa Libal Pool	H.I.I.T 5:30am-6:00am Alexa Libal Y Fitness Room	Aqua Intervals 5:45am-6:15am Alexa Libal Pool	
	Macho Dads Fitness 6:00 am-7:00 am Colten Venteicher YMCA Building	PiYo 6:30am-7:15am Casey France Y Fitness Room	Macho Dads Fitness 6:00 am-7:00 am Colten Venteicher YMCA Building	PiYo 6:30am-7:15am Casey France Y Fitness Room	Macho Dads Fitness 6:00 am-7:00 am Colten Venteicher YMCA Building	Hatha Yoga Kim Stratton 9:00am-10:00am Wellness Center
	Alive Inside 9:30 am-10:15 am Robin Lutz Y Fitness Room		Wednesday Worship Workout 11:15 am-11:45 am Julie Czochara Y Fitness Room	Strength/Yoga 10:00am-11:0am Lisa Strand Y Fitness Room		
		Aqua Fit 12pm-12:45pm Julie Czochara Pool	Pilates Stretch 12:00pm-12:45 pm Robin Lutz Y Fitness Room	Aqua Fit 12pm-12:45pm Julie Czochara Pool		
	Hatha Yoga 5:15pm-6:15pm Kim Stratton Wellness Center	Hatha Yoga 5:15pm-6:15pm Kim Stratton Wellness Center	Hatha Yoga 5:15pm-6:15pm Kim Stratton Wellness Center	Tai Chi 5:15pm-6:15pm Kim Stratton Wellness Center	Hatha Yoga 5:15pm-6:15pm Kim Stratton Wellness Center	
	No Limits 5:30pm-6:30pm Heather Kohl Y Fitness Room	Cycle 5:30pm-6:00pm Holly Meints Y Fitness Room	PiYo 6:30 pm-7:00 pm Alexa Libal Wellness Center	Cardio Kickboxing 5:30pm-6:30pm Heather Kohl Y Fitness Room		
	Deep Water Aqua 5:30pm-6:15pm Julie Czochara Y Pool	ReFit 6:15pm-6:45pm Jess Schneider Y Fitness Room				

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

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.

No Limits

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

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.

Macho Dads Fitness

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

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.

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.

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.

Wednesday Worship Workout

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

Alive Inside

Fun light cardio workout and light weights. Helps with strength, balance and core. Great for the beginner or someone who is looking to get back into shape.

Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

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.

Strength/Yoga

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

Deep Water Aqua

Deep water aqua is a lower to medium stress exercise training method in deep water. Deep enough to avoid contact with the bottom of the pool while keeping your head above the water's surface. Exercise includes, jogging, running, non-weight bearing movements while using an aqua fit belt to help stay afloat.

Cardio Kickboxing

A combination of martial arts techniques with fast-paced cardio. Builds stamina, improves coordination and flexibility, and burns calories to help build lean muscle. All in a fun and challenging workout.

CYCLE

Indoor cycling is a form of exercise focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

Tai Chi

A form of exercise that combines gentle physical exercise and stretching with mindfulness. Tai chi can improve balance control, fitness, and flexibility, and helps reduce the risk of falls.



Cardio

Water

Low Impact

Mind and Body

Strength