

Norfolk Family YMCA Land Group Fitness Schedule

October 14th–December 31st 2017

Monday (before 1 pm)

5:15–6:00 am	Burn 45– East Gym
5:15–6:00 am	BODYCOMBAT® -Room 3/4
5:15–6:15 am	BODYPUMP®
5:30–6:15 am	Group Cycling
6:00–6:30 am	CXWORX®– Room 3/4
8:00–8:50 am	Pilates–Room 3/4*
8:30–9:30 am	Group Cycling*–Cycling Room
8:30–9:30 am	BODYPUMP®*
9:00–9:50 am	Yoga – East Gym*
10:00–11:00 am	Zumba GOLD®*
12:15–12:45 pm	Core Conditioning*

Monday (after 1 pm)

1:00–2:00 pm	Foundations of Movement
4:25–5:25 pm	Zumba*
4:30–5:15 pm	Group Cycling*
5:10–5:30 pm	Extreme Abs – Upstairs*
5:25–6:25 pm	TNT– Rooms 3/4*
5:30–6:30 pm	BODYPUMP®*
5:40–6:25 pm	Group Cycling*

Tuesday (before 1 pm)

5:15–6:00 am	Boot Camp – East Gym
5:15–6:00 am	Group Cycling
5:30–6:30 am	BODYPUMP®
6:00–6:30 am	BODYFLOW® –East Gym
8:30–9:15 am	Group Cycling*
8:30–9:30 am	BODYCOMBAT®*
10:00–10:50 am	SilverSneakers® Classic*
12:15–12:45 pm	Cycle 30*

Tuesday (after 1 pm)

4:30–5:30 pm	BODYPUMP®*
5:30–6:00 pm	TABATA* –Room 3/4
5:30–6:15 pm	Group Cycling*
5:30–6:30 pm	BODYCOMBAT®*
6:25–6:45 pm	Extreme Abs – Upstairs*
6:30–7:30 pm	BODYFLOW®

Wednesday (before 1 pm)

5:15–6:00 am	CardioBlast
5:15–6:00 am	BODYCOMBAT® Room 3/4
5:15–6:00 am	Insanity® – East Gym
5:30–6:15 am	Group Cycling
6:00–6:30 am	CXWORX® – Room 3/4
8:00– 8:50 am	Pilates–Room 3/4*
8:30–9:30 am	BODYPUMP®*
9:00–9:50 am	Yoga – East Gym*
10:00–11:00 am	Zumba GOLD®*
12:15–12:45 pm	Barre*

Wednesday (after 1 pm)

1:00–2:00 pm	Foundations of Movement
4:25–5:25 pm	ZUMBA*
4:30–5:15 pm	Group Cycling*
5:10–5:30 pm	Extreme Abs–Upstairs*
5:25–6:25 pm	TNT – Rooms 3/4*
5:30–6:30 pm	BODYPUMP®*
5:40–6:25 pm	Group Cycling*

Thursday (before 1 pm)

5:15–6:00 am	Boot Camp – East Gym
5:15–6:00 am	Group Cycling
5:30–6:30 am	BODYPUMP®
6:00–6:30 am	BODYFLOW® – East Gym
8:30–9:15 am	Group Cycling*
8:30–9:30 am	BODYCOMBAT®*
10:00–10:50 am	SilverSneakers® (Classic)*
12:15–12:45 pm	Cycle 30*

Thursday (after 1 pm)

4:30–5:30 pm	BODYPUMP®*
5:00–5:20 pm	Extreme Abs–Upstairs*
5:30–6:00 pm	TABATA*–Room 3/4
5:30–6:15 pm	Group Cycling*
5:30–6:30 pm	BODYCOMBAT®*
6:30–7:30 pm	BODYFLOW®

Friday (before 1 pm)

5:15–6:00 am	BODYCOMBAT® – Room 3/4
5:15–6:15 am	BODYPUMP®
5:30–6:15 am	Group Cycling
6:00–6:30 am	CXWORX® – Room 3/4
8:00–8:50 am	Pilates–Room 3/4*
8:30–9:30 am	Group Cycling*–Cycling Room
8:30–9:30 am	BODYPUMP®*
9:00–9:50 am	Yoga – East Gym*

Friday (after 1 pm)

1:00–1:30 pm	Foundations of Movement
4:25–5:25 pm	Dance Aerobics
5:30–6:30 pm	BODYPUMP®

Saturday

7:30–8:15 am	BURN 45
7:30–8:15 am	Group Cycling
8:30–9:30 am	BODYPUMP®*
9:30–10:00 am	CXWORX®*
10:00–11:00 am	BODYCOMBAT®*

Sunday

3:30–4:30 pm	BODYFLOW®
4:15–5:15 pm	Group Cycling
4:30–5:30 pm	Ballroom Dance

All classes are held in room 5 unless noted otherwise.

* Child Watch is available during this class.

Updated 10/13/17

Class Descriptions

Ballroom Dance– This class focuses on Latin Dance moves for beginner and intermediate. All fitness levels welcome and no partner required!

Barre– The Pilates Barre signature workout that combines ballet, weights, and Pilates for a low-impact, fat-burning workout. Perfect for your lunch hour break!

BODYPLOW®–Embrace parts of yoga, tai-chi, and Pilates with this relaxing class that builds strength and flexibility.

BODYCOMBAT® – This is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Relieve stress and bring your best fighter attitude. Offered in 55, 45 or 30 minute format.

BODYPUMP®– This class is for anyone who wants to tighten and tone and get lean fast. You will get a total body workout and burn calories.

BootCamp– Combining high and low movements, plyometric, using BOSU balls, TRX, and weights. Cardio, Strength, and ab training for all fitness levels.

BURN 45– Energizing workout including strength, cardio and core in one workout.

Core Conditioning– Strengthen and challenge the muscles that we use for everyday life in this 30 minute class.

Core Tabata–Same format with added intensity for a cardio kick!

Cardio Blast– This 45 minute all cardio class combines step aerobics and floor aerobics to get your heart pumping! You can choose intensity level. Get ready to BURN calories-while having FUN!

CXWORXX®– This class will exercise the muscles around the core and provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do from everyday life to your favorite sports. Your core is the glue that holds everything together.

Dance Aerobics–Fun, creative hip-hop fusion to today's hits to get your weekend started off right!

Extreme Abs– A quick 20 minute routine that will challenge the way you work your abdominal muscles.

Group Cycling– Everybody finishes first in Group Ride! This cycle program is for anyone who can ride a bike. Spin your way to burning calories and strengthening the lower body. Controlled speeds ensure everyone can keep up!

Insanity LIVE®– As seen on TV, join our Insanity™ certified instructors as they take you through short sets of Interval Training. Each class focuses on Speed/Plyometrics/Strength/Balance/Coordination/Agility/Abs & Core.

Pilates– Traditional mat work combined with small apparatus to help you isolate your core muscles by focusing on quality of the movements instead of quantity. Become long and lean with a fitness regime that's been around for 100 years.

T-N-T (Tighten N Tone)– This class works on muscular strength by toning and shaping your entire body. By utilizing hand and ankle weights, tubing, medicine and stability balls you will increase your metabolism, improve lean muscle mass and decrease body fat. For all fitness levels.

For any questions concerning group fitness, please see our Welcome Center staff or contact our Group Fitness Coordinator Missey at getfit@norfolkyymca.org

Don't forget to check out the Norfolk, Nebraska Land/Water Group Fitness Facebook page!

Due to unforeseen circumstances an instructor may occasionally not be able to teach the class offered. Y Staff will do their best to fill the time slot with a fitness class.

Foundations of Movement– This class is specific to the population dealing with the effects of Parkinson's. However, people with balance issues, Diabetes, MS, and Rheumatoid Arthritis may also benefit from these exercises. It will be a safe exercise environment with goals of increasing range of motion, improving strength and balance.

SilverSneakers® Classic– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement. Hand held weights, elastic tubing with handles, and a ball are all offered for resistance, a chair is used for seated and/or standing support.

Tabata– Be ready for high intensity work! This class is a 30 minute class containing workout that hit every muscle in your body! Tabata is a great way to burn calories and get stronger!

Yoga– Yoga class a mix of traditional asanas and flowing vinyasa. Come experience the strength and added mobility as well as the mind/body connection that yoga can provide.

Zumba®– Do you like to move it? This Latin inspired, dance fitness class incorporates Latin and International music and dance movements which create a dynamic, exciting and effective fitness system. Zumba GOLD® is for anyone interested in the Zumba experience at a lower-intensity.

Sign up for Land Fitness text alerts at the Welcome Center!

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FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET RESULTS TOGETHER

Group Fitness-Land

October 14th-December 31st 2017

Schedule subject to change.



Updated 10/13/17