

LINCOLN AREA YMCA

GROUP FITNESS SCHEDULE

MONDAY

**1 PM BALANCE AND FALL PREVENTION CLASS
 AT THE YOUTH ACTIVITY CENTER**

4 PM Y-AMRAP (AS MANY REPS AS POSSIBLE)

TUESDAY

4 PM Y-AMRAP (AS MANY REPS AS POSSIBLE)

WEDNESDAY

**1 PM CARDIO AND STRENGTH CLASS AT THE
 YOUTH ACTIVITY CENTER**

THURSDAY

**10 AM BALANCE AND FALL PREVENTION CLASS
 AT THE VILLAS IN LINCOLN**

**1 PM CHAIR YOGA AT THE YOUTH ACTIVITY
 CENTER**

4 PM Y-PUMPED UP STRENGTH

YOU BELONG AT THE Y LINCOLN AREA YMCA

**BALANCE AND FALL PREVENTION- SENIOR FRIENDLY CLASS WITH FOCUS ON
BALANCE AND FALL PREVENTION**

INSTRUCTOR: GEORGIA

**Y-AMRAP (AS MANY REPS AS POSSIBLE)- AS-MANY-REPS-AS-POSSIBLE IS A
HIGH INTENSITY CLASS THAT WILL HELP
YOU REACH YOUR GOAL AS YOU BUILD
UP ENDURANCE AND STAMINA.**

INSTRUCTOR: MICHELLE

**CARDIO AND STRENGTH- SENIOR FRIENDLY CLASS WITH CARDIO AND
STRENGTH**

INSTRUCTOR: GEORGIA

CHAIR YOGA- SENIOR FRIENDLY CLASS WITH CHAIR YOGA

INSTRUCTOR: GEORGIA

**Y-PUMPED UP STRENGTH- FUN AND CHALLENGING CLASS WITH CARDIO AND
STRENGTH TRAINING.**

INSTRUCTOR: MICHELLE