

LINCOLN AREA YMCA

GROUP FITNESS SCHEDULE

MONDAY

**1:30 PM YMCA AQUATICS AT THE LMH THERAPY
POOL**

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

TUESDAY

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

WEDNESDAY

**1:30 PM YMCA AQUATICS AT THE LMH THERAPY
POOL**

**2:15 PM YMCA AQUATICS AT THE LMH THERAPY
POOL**

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 (YAC)**

INSTRUCTOR: GEORGIA

**YMCA AQUATICS - SENIOR FRIENDLY CLASS IN A THERAPY POOL (LMH
THERAPY POOL)**

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. (YAC)**

INSTRUCTOR: MICHELLE

CHAIR YOGA- SENIOR FRIENDLY CLASS WITH CHAIR YOGA (YAC)

INSTRUCTOR: GEORGIA

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

INSTRUCTOR: MICHELLE