

**LINCOLN AREA YMCA  
GROUP FITNESS SCHEDULE**

**MONDAY**

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

**2:15 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**