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