



Group Fitness Schedule

	Aquatic Area	Commons Area/ Lower Level TRX	Aerobic Studio or Cardio Theatre	Gym or Multi Purpose Room
MONDAY	<u>Lap Pool</u> 8:30-9:30 am - Variety Mix 9:30-10 am - Aqua Strength and Stretch Express 4-4:45 pm Variety Mix <u>Warm Water Therapy Pool</u> 10-10:45 am - Arthritis Therapy 11:15-Noon - Arthritis Therapy 5:30-6:15 pm - Arthritis Therapy	<u>Group Cycling Room</u> 5:15-6 am - Cycling 9:15-10 am – Cycling 5:30-6:15 pm - Cycling <u>TRX ROOM Lower level</u>	6:15-6:45am- Core & More 8-9:00 am – BODYFLOW™ 9-10 am – Aerobic Dance Plus 10:15-11:15am - Yoga 11:45 am-12:45 pm - Stretch, Tone & Balance <i>Chair-based</i> 5:00- 5:30 pm Core & More 5:30-6:30 pm – BODYFLOW™ 6:40-7:30 pm- Barre Above	<u>Gym</u> 12-12:45 pm - Weight Circuit 5:45--6:30 pm ZUMBA®
TUESDAY	<u>Lap Pool</u> 5:45-6:30 am - Aqua Jump Start 8:30- 9:30 am-WATERinMOTION® 6:30-7:15 pm WATERinMOTION <u>Warm Water Therapy Pool</u> 7:15-8 am - Arthritis Therapy 10:30-11:15 am Aqua Arthritis Flow 11:30-12:15 pm-Warm Water Yoga	5:15-6:00 am RPM™ 12-12:45 pm Cycling 5:30-6:15 pm Cycling <u>TRX ROOM Lower Level</u> 8-9:00 am TRX S&T <i>*must have completed TRX BASICS</i>	9:15-9:45 am BODYPUMP™ 9:45-10:15 am CXWORX™ 30/30 10:15-11:15 am Chair Yoga 4:30-5:30 pm - BODYFLOW™ 5:30-6:30 pm - BODYPUMP™	<u>Gym</u> 5:30-6:30 am - Boot Camp 6:45-7:30 pm Boot Camp <u>Multi Purpose room</u> 8-9:00am Yin Yoga 9-10:00 am Yoga
WEDNESDAY	<u>Lap Pool</u> 8:30-9:30 am - Variety Mix 9:30-10 am - Aqua Strength and Stretch Express 4:00- 4:45 pm -Variety Mix <u>Warm Water Therapy Pool</u> 10-10:45 am - Arthritis Therapy 11:15-Noon - Arthritis Therapy	<u>Group Cycling Room</u> 5:15-6 am - Cycling 9:15-10 am – Cycling 5:45-6:30 pm-Cycling <u>TRX ROOM Lower Level</u> 6:40-7:40 pm TRX S&T* <i>*must have completed TRX BASICS</i>	6:15-6:45 am –Core & More 8-9:00 am – Mat Pilates 9-10 am – Aerobic Dance Plus 10:40-11:35 am - Yoga 11:45 am-12:45 pm – Stretch, Tone, & Balance <i>Chair-based</i> 5:00-5:30 pm – Core & More 5:30-6:30 pm - BODYFLOW™	<u>Gym</u> 12-12:45 pm - Weight Circuit 5:45-6:40 pm ZUMBA <u>Multi Purpose Room m</u> 6:15-7:45 pm Restorative Yoga
THURSDAY	<u>Lap Pool</u> 5:45-6:30 am - Aqua Jump Start 8:30-9:30 am WATERinMOTION® 6:30-7:15 pm WATERinMOTION® <u>Warm Water Therapy Pool</u> 7:15-8 am - Arthritis Therapy 10:30-11:15 am Aqua Arthritis Flow 11:30-12:15 pm-Warm Water Yoga	5:15-6:00 am RPM™ 12-12:45 pm Cycling 5:30-6:15 pm Cycling <u>TRX ROOM Lower Level</u> 8-9:00am TRX S & T <i>*prerequisite: TRX BASICS</i>	9:15-10:15 am - BODYPUMP™ 10:15-11:15 am Chair Yoga 5:30-6:30 pm BODYPUMP™	<u>Gym</u> 5:30-6:30 am - Boot Camp 6:45-7:30 pm Boot Camp <u>Multi Purpose Room</u> 8:00-9:00am Yin Yoga 9:00-10:00 am Yoga
FRIDAY	<u>Lap Pool</u> 8:30-9:30 am– Variety Mix 9:30-10:00am Strength &Stretch <u>Warm Water Therapy Pool</u> 10-10:45 am Arthritis Therapy	5:15-6 am – Cycling <i>*Will rotate between freestyle & RPM</i> 9:15-10 am - Cycling	5:15-6:15 am BODYFLOW 8-9:00 am – BODYFLOW™ 9-10 am – Aerobic Dance Plus 10:15-11:15 am -Yoga 11:45 am-12:45 pm – *Stretch Tone & Balance <i>*Chair-based</i>	<u>Gym</u> 12-12:45 pm - Weight Circuit
SATURDAY	<u>Lap Pool</u> 8:30 -9:30 am WATERinMOTION/Variety Mix will rotate -check calendar by lap pool <i>LP reserves the right to substitute all aquatic classes with alternate formats as needed</i>	8:15-9:15 am Cycling <u>TRX ROOM Lower Level</u> 9:30-10:20am TRX Strength & Tone* <i>*pre-req: TRX BASICS</i> 10:30-11:20 am Barre Above	8:30-9:30 am - BODYPUMP™ 9:30-10 am – CXWORX™ 10-11 am - BODYFLOW™ 11:30-12:00 pm – 1st Sat of month* Technique Class BODYFLOW™ 12:00-12:30 pm 1st Sat of month Technique Class BODYPUMP™	<u>Gym</u> 9:20--10:20 am Zumba <u>Multi Purpose Room</u> 9:00-10:00 am YOGA 8-9am Technique Class for Yoga 1 st Saturday of each month
SUNDAY	<u>Lap Pool</u> ▶▶▶▶▶ NOTE: 1:30-3:30 pm – Family Swim <ul style="list-style-type: none"> Lap pool only Check in at Front Desk No Lifeguard on duty Parent /guardian must be present Return all equipment used 	<u>Group Cycling Room</u> 8-8:50 am Cycling *BASIC TRX 3 week session is a pre requisite for any of the TRX classes on this schedule. *The next Basic series will be held in Sept	10-11am BODYFLOW	<u>Gym</u> 1:00-2:00 pm ZUMBA®
Special Events	<p>Be ready for guests! Get your 6-Pack for summer!</p>  <p>6 day passes \$30 (reg \$60) limit 2 bundles On sale now!</p>	TRX Advanced classes (TRX Strength & Toning) NO additional fee once you have completed the Basic Class!	<p style="text-align: center;">July Events/Programs</p> Strength Training for Seniors 7/16 Stop the Bleed workshop 7/17 & 18 Yoga For Cancer Workshop 7/21 LifeTracks Free Info Sessions 7/24 & 25	 <p style="text-align: center;">Coming in August: MEN'S HEALTH SYMPOSIUM</p>

GROUP FITNESS & EXERCISE CLASS DESCRIPTIONS

- Aqua:** Strength and Stretch includes activities in the lap and warm water therapy pools. Warm Water Arthritis Therapy is for individuals with arthritis/like conditions. In the Lap pool, one lap lane is available during classes for lap swimmers. Please be courteous and adhere to this policy. During organized aquatic classes, or swim lessons, an instructor will designate one lane for lap swimming. Please be courteous and share the lane as needed. Pool Walkers please leave the far lane for lap swimming. After a class, all lanes should be available. Consult Aquatic schedule for open swim time.
- Group Cycling:** All classes are held in the south lobby area of the main floor. Class limit: 20
- Group Fitness:** All classes are held in the aerobics studio, unless noted on the grid. Class maximum: 25 people unless otherwise noted.
*FitMom: Free to members, \$45 non-members for six-week punch card. * TRX punch card, non member rates. Register at Front Desk.

- Mind/Body:** Yoga mats, props are available through the Retail Shop as are other fitness products. We suggest you invest in a personal mat for best hygiene..
- Family Swim:** Open family swim in lap pool for parent and children is at designated times only. Parents must be present. All participants must adhere to the posted pool guidelines. Stop by the front desk to sign in or call 481-6300 for more information. The Warm Water Pool is for adult therapy clients and special classes only.

Note: Class schedule changes will occur occasionally- (holidays, weather, etc) LifePointe reserves the right to cancel any group class due to ongoing low attendance, inability to secure sub due to illness or emergency, or inclement weather conditions including lightening. In the event of a cancellation LifePointe will attempt to communicate as early as possible to members, however in cases of unforeseen circumstances, we cannot guarantee early notice. If the Lincoln Public Schools closes for a full day because of weather, all LifePointe day & eve group ex classes, programs, clinical services or childcare will not be held. Please consult the website for details www.bryanlifepointe.com or call the FD.

AQUA Fitness- max number of individuals in warm water therapy pool class: 19 max number of individuals in lap pool class: 23

- **Aqua Express:** 5-8 minutes warm up, then 40 min of high energy aqua aerobics to refresh and rejuvenate you.
- **Aqua Jump Start:** A class to get you charged for the day! It includes a variety of aerobics, muscular strength and interval training workouts.
- **Aqua Strength and Stretch-Express:** Yoga and Pilates concepts combine with water-resistance principles to improve strength, flexibility, balance, circulation and relaxation. This class includes activities in the warm water and lap pools.
- **Arthritis Therapy:** similar to the format/guidelines of the Arthritis foundation and is taught by a certified instructor. This class is for people with Arthritis. Specific joint exercises, walking and stretching are done at the participants' own pace. Max class size: 22
- **Arthritis Flow:** modified tai chi movements approved by the Arthritis Foundation are used to improve balance, flexibility and range of motion.
- **Aqua ZUMBA®** Integrating the Zumba formula with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating
- **Variety Mix:** Lives up to its name! Each week the format can change to include interval/circuit, running, aquatic dance and other formats.
- **Warm Water Yoga:** see description under Mind/Body.
- **WATERinMOTION™:** The SCW Fitness Company's aqua exercise workout that provides the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides reducing the impact on your joints, specifically the knees and back.

GROUP CYCLING

- **Cycling-** This 45-60 minute workout includes different training methods that can be modified for all fitness levels.
- **RPM™-** Another great program from Les Mills! Moderate to intense group cycling that will motivate and kick-start your day with great music!

LAND FITNESS

- Aerobic Dance Plus:** A well-rounded for beginning and intermediate exercisers. Includes low impact cardio, strength training, flexibility and relaxation. This class offers a variety of aerobic activities from basic aerobics to dance routines that keep your heart pumping. A portion of the class is dedicated to strengthening and stretching.
- **Barre Above-** this program is unique in that it does not require the use of an actual stationary barre. Posture, core strength and body mechanics is the focus in this format. The use of bands, tubes, hand weights and body weight will tone and sculpt while it strengthens.
 - **BODYPUMP™:** Achieve maximum results and challenge every major muscle group in this class for all fitness levels. You control the intensity of your workout with the amount of weight used. Choreographed weight repetitions to motivating music. A must try for all!
 - **Boot Camp:** A full body workout using military exercise to increase strength and endurance quickly and efficiently. Class begins with a cardio workout that includes running, skipping rope, jumping jacks, squat thrusts, sprints and plyometrics. Then, intervals and strength drills like pushups, medicine ball tosses and seated abdominal chops. The workout ends with stretching and flexibility work.
 - **Cancer Recovery (LifeSpring):** This special class for cancer patients and survivors includes a variety of exercise including cardiovascular, muscular endurance/strength training and flexibility. Classes vary to include both land and water programs. Meet at the front desk for each program. Contact Kristi Beyer at 481-6306 for more information.
 - **Core and More:** Set to music, 30 minutes of training the muscles around your trunk and pelvis with additional muscle groups rotated in from time to time. Focuses on developing functional core strength and stability-toning muscle groups and increasing overall body awareness.
 - **CX WORX™ (Les Mills)** is a 30 minute express workout that'll inspire you to the next level of fitness Trained instructors guide you through correct technique with plenty of options. You will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and planks. You will also get into some hip, butt and lower back exercises. Challenging but achievable!
 - **Cardio Kickboxing:** A highly powerful and energetic cardio class choreographed to motivating music utilizing a variety of disciplines (kick boxing, punching, foot-work).
 - **Stability Ball Class:** This class uses stability balls to increase your core and overall strength and endurance. It also improves your balance and increases flexibility.
 - **Stretch, Tone & Balance:** (Chair based) This workout is perfect for beginners; includes exercises for muscular endurance, strength, balance and flexibility. Exercises are done standing or in chairs using bands, weights, balls and other props.
 - **Technique Classes:** This 30-minute class takes you through the moves used during BODYPUMP™/BODYFLOW™ or Zumba™ classes teaching your proper techniques and modifications. This class is recommended before attending the one-hour classes for the first time.
 - **TRX*-** These classes provide (2) levels- Basic (beginner) and Advance (intermediate). Using suspension straps and a variety of exercises this full-body format challenges all of the muscles of your core using your own bodyweight. Advance classes provide additional challenges.
 - **Weight Circuit Class:** Combines resistance and cardio training using agility drills, weights, machines, plyometrics, running and more. Offers a different workout every time and is not for the faint at heart!
 - **ZUMBA™:** A fusion of Latin, Salsa, Meringue and Reggae music and dance themes create this dynamic, exciting and effective workout. Interval training principles and resistance maximize caloric output, fat burning and total body toning. A "feel-happy" workout that's great for both the body and the mind!
 - **ZUMBA™ Toning:** Students learn how to use lightweight maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs. It combines targeted body-sculpting exercises with Latin-infused Zumba moves to create a calorie-torching, strength- training dance fitness-party. Zumba toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a blast.

MIND/BODY

- **BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.
Yoga: Our yoga classes use relaxation, poses and breathing styles of different types from traditional Yoga practices like Hatha, Raja and Iyengar as well as Vinyasa and/or general YogaFit principles. **Restorative Yoga** is designed to assist participants to slow down and move outside the normal stresses of daily life. Poses provide an active relaxation by supporting the body with props to alternately stimulate and relax the body moving toward balance. **Yoga 4 Cancer:** helps cancer patients and survivors manage treatment side effects like lymphedema and neuropathy and the cancer recovery process.
Yin Yoga: This specific type of yoga has its focus on slowly and gently stretching the body's deeper connective tissue involving a total release of the muscles and sustained stretching for several minutes. The benefits are centered on joint flexibility and mobility and calming the mind and nervous system. **Yin Yang Yoga** combines the longer held poses and more active qualities of traditional yoga practices.
- **Chair Yoga:** Great class for individuals with hesitancy, tightness, balance problems, stiffness or other special needs to practice yoga with security, confidence and safety.
- **Warm Water Yoga-** Gentle flowing movements in the warm water therapy pool make up this Yoga class- for all levels.