



Bringing health and wellness to life.

Facility Hours:
 Mon.-Thurs.: 5 am-10 pm
 Fri.: 5 am-8 pm
 Sat.: 7 am-7 pm
 Sun.: 7 am-7 pm
 Phone: 481-6300

Winter Class Schedule January - March 2012

	Aquatic Area	Cycling Studio	Aerobic Studio or Cardio Theatre	Gym or Far East Rm
MONDAY	<p>Lap Pool 6-6:45 am - Aqua Jump Start 8:30-9:30 am - Variety Mix 9:30-10 am - Aqua Strength and Stretch Express 4-4:45 pm - Variety Mix 5:45-6:30 pm – Deep Water Dynamics</p> <p>Warm Water Therapy Pool 10-10:45 am - Arthritis Therapy 5-5:45 pm - Arthritis Therapy</p>	<p>5:15-6 am - Cycling 9:15-10 am - Cycling 5:30-6:15 pm - Cycling</p>	<p>5:15-6:15 am - BODYPUMP™ 8-8:45am – Mat Pilates/Ball Class 9-10 am – Aerobic Dance Plus 10:15-11:15 am - Gentle Yoga</p> <p>11:45 am-12:30 pm - *Stretch, Tone & Balance *Chair-based</p> <p>5:30-6:30 pm - BODYFLOW™ 6:30-7:30 pm - BODYPUMP™</p> <p>Cardio Theatre 6-6:45am Core Stability Circuit <i>Drop-ins welcome</i></p>	<p>Gym 12-12:45 pm - Weight Circuit *5:45 pm Zumba moved to Tuesdays*</p> <p>Far East Room 4:45-5:45 pm Yoga- Liz</p> <p>6:30-7:45pm Vinyasa Yoga New with Jodi!</p>
TUESDAY	<p>Lap Pool 6-6:45 am - Aqua Jump Start 8:30- 9:30 am Variety Mix 5:45-6:30pm Variety/Turbo Mix Warm Water Therapy Pool 7:15-8 am - Arthritis Therapy 12:15-1 pm - Warm Water Yoga</p>	<p>12-12:45 pm - Lunchtime Cycling 5:30-6:15 pm - Cycling</p>	<p>9:15-10:15 am - BODYPUMP™ 10:15-11:15 am Chair Yoga 4:30-5:30 pm - BODYFLOW™ 5:30-6:30 pm - BODYPUMP™</p> <p>Cardio Theatre 4:00-5:00 pm Human Sport Circuit 5:00-5:30 pm Core Stability Circuit <i>Drop-ins welcome!</i></p>	<p>Gym 5:30-6:30 am - Boot Camp 9-9:45 am - Core Stability Circuit 5:45-6:30 pm Zumba New Day/Time!</p> <p>Far East Room 8:30-9:30 am Yoga -Liz</p>
WEDNESDAY	<p>Lap Pool 6-6:45 am - Aqua Jump Start 8:30-9:30 am - Variety Mix 9:30-10 am - Aqua Strength and Stretch Express 4-4:45 pm -Variety Mix Warm Water Therapy Pool 10-10:45 am - Arthritis Therapy 5-5:45 pm - Arthritis Therapy 5:45-6:30pm- Warm Water Yoga New with Vicki!</p>	<p>5:15-6 am - Cycling 9:15-10 am - Cycling 5:30-6:15 pm Cycling</p>	<p>5:15-6:15 am - BODYPUMP™ 8-9:00 am – Mat Pilates 9-10 am – Aerobic Dance Plus 10:15-11:15 am - Gentle Yoga 11:45 am-12:30 pm – *Stretch, Tone, & Balance* Chair-based</p> <p>5:00-5:30 pm – Core Stability Circuit 5:30-6:30 pm - BODYFLOW™ 6:30-7:30pm - BODYCOMBAT™</p> <p>Cardio Theatre 6-6:45am Core Class</p>	<p>Gym 12-12:45 pm - Weight Circuit 5:45-6:30 pm - ZUMBA</p> <p>Far East Room 5:30-6:30pm Yoga -Liz 6:30-7:30pm * Yoga- Vicki *Basic/Intermediate</p>
THURSDAY	<p>Lap Pool 6-6:45 am - Aqua Jump Start 8:30-9:30 am – Deep Water Dynamics 5:45-6:30pm Variety/Turbo Mix</p> <p>Warm Water Therapy Pool 7:15-8 am - Arthritis Therapy 12:15-1 pm – Warm Water Yoga</p>	<p>12-12:45 pm - Lunchtime Cycling 5:30-6:15 pm - Cycling</p>	<p>9:15-10:15 am - BODYPUMP™ 10:15-11:15 am Chair Yoga 5:30-6:30 pm - BODYPUMP™ 6:30-7:15 pm – Cardio-Step</p> <p>Cardio Theatre 4:00-5:00 pm Human Sport Circuit 5:00-5:30 pm Core Stability Circuit <i>Drop-ins welcome!</i></p>	<p>Gym 5:30-6:30 am - Boot Camp 5:45-6:30 pm - ZUMBA</p> <p>Far East Room 8:30-9:30am Yoga-Liz</p>
FRIDAY	<p>Lap Pool 6-6:45 am - Aqua Jump Start 8:30-9:30 am - Variety Mix 9:30-10:00am – Strength & Stretch New Day Added!</p> <p>Warm Water Therapy Pool 10-10:45 am Arthritis Therapy New Time!</p>	<p>5:15-6 am – Cycling 9:15-10 am - Cycling</p>	<p>5:15-6:15am BODYCOMBAT™ 8-9:00 am – BODYFLOW™ 9-10 am – Aerobic Dance Plus 10:15-11:15 am - Gentle Yoga</p> <p>11:45 am-12:30 pm – *Stretch Tone& Balance *Chair-based</p> <p>Cardio Theatre 6-6:45am Core Stability Circuit <i>Drop-ins welcome!</i></p>	<p>Gym 12-12:45 pm - Weight Circuit</p>
SATURDAY	<p>Lap Pool 8-9 am - Variety Mix</p>	<p>8:30-9 am Cycling Basics for Beginners</p> <p>9:00- 10:00 am Cycling Challenge Class</p>	<p>9-10 am - BODYPUMP™ 10-11 am - BODYFLOW™</p> <p>11-11:30 am – 1st Saturday of month Technique Class BODYFLOW™** 11:30 am-12 pm – 1st Saturday of month Technique Class BODYPUMP™**</p>	<p>Gym 9-9:45 am - ZUMBA 11am-12:00pm BODYCOMBAT™</p>
SUNDAY	<p>Lap Pool 8-8:45 Variety Mix 1:30-3:30 pm - Family Swim</p> <ul style="list-style-type: none"> • Lap pool only • No lifeguard on duty • Parent /guardian must be present 		<p>3:00-4:00 pm BODYPUMP™ 4:00 -5:00 pm BODYFLOW™</p>	<p>Gym 2:00-3:00pm - BODYCOMBAT™</p>

See Reverse for Class Descriptions

Aqua:	*Aqua Strength and Stretch includes activities in the lap and warm water therapy pools. Water Arthritis Therapy is for people with arthritis. In the Lap pool, one lap lane is available during classes for lap swimmers. Please be courteous and adhere to this policy. Consult Aquatic schedule for open swim times.
Group Cycling:	All classes are held in the group cycling room, lower level. Class size: 15 people.
Group Fitness:	All classes are held in the aerobics studio, unless noted on the grid. Class maximum: 25 people for all aerobic classes. *FitMom: Free to members, \$45 non-members for six-week punch card. Register at Front Desk.
Mind/Body:	Yoga mats, props are available through the Retail Shop as are other fitness products. Watch for Weekend Workshops in Yoga throughout the year.
Family Swim:	Open family swim in <u>lap pool</u> for parent and children is at designated times only. Parents must be present. Stop by the front desk or call 481-6300 for information. The Warm Water Pool is for adult therapy clients and special classes only.
Note:	Classes are subject to cancellation due to ongoing low attendance, inability to secure sub due to illness or emergency, or inclement weather conditions. In the event of Lincoln Public Schools closing because of weather, all LifePointe group ex classes, programs and clinical services will not be held. Please consult website for details.

GROUP FITNESS & EXERCISE CLASS DESCRIPTIONS

AQUA Fitness

- **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:** Follows Arthritis Foundation guidelines 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.
- **Deep Water Dynamics:** This is the place for core strength development and muscle conditioning and at the same time getting in some awesome cardiovascular conditioning! Experience this non-impact workout done completely suspended in deep water. Realize your power – maximize your training results! Water belts provided and required!
- **Variety /Turbo Mix:** Lives up to its name! Each week the format can change to include interval/circuit, running , aquatic dance and other formats.
- **Wave Workout:** Includes a warm-up, 30-45 minutes of cardio and 10-20 minutes of toning, strengthening and stretching. Splash, have fun and shape up!

GROUP CYCLING

- **Cycling:** This 45-minute workout includes different training methods that can be modified for all fitness levels.
- **Cycling Basics for Beginners:** This 30-minute workout teaches the different techniques used in a group cycling class and is perfect for the beginning indoor cyclist.
- **Lunchtime Cycling:** This 45 minute moderate to high intensity workout is the perfect way to get fit over lunch!

GROUP FITNESS

- **Aerobic Dance Plus:** A well-rounded for beginning and intermediate exercisers. Includes cardio, strength training, flexibility and relaxation
- **Aerobics/Basic/Dance**(not currently on schedule): This class offers a variety of aerobic activities from basic aerobics to dance routines that keep your heart pumping and make you think you are part of Chorus Line!
- **Aerobic Training:** This class will increase your cardiovascular endurance by utilizing the track, stairs, cardio equipment and a variety of aerobic exercises guaranteed to get you moving and keep you motivated. In the Cardio Theatre.
- **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.
- **BODYCOMBAT™:** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driven music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.
- **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 Stability Circuit:** Focuses on developing core strength and stability increasing overall body awareness. This workout improves functional strength which helps to decrease injuries.
- **FitMom:** For moms-to-be and new moms. A great combination of aerobic, stretching and strength training that takes you through each trimester of pregnancy and up to six months after childbirth.
- **Human Sports Circuit:** Increases your muscular and cardiovascular endurance. This workout is a great option for those who are short on time but want a total body workout, combines the Human Sport Weight Machines with other cardio machines in the Cardio Theatre. Drop in anytime between 4:00pm -5:00pm.
- **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 Class:** This 30-minute class takes you through the moves used during BODYPUMP/BODYFLOW classes teaching your proper techniques and modifications. This class is highly recommended before attending the one-hour classes.
- **Variety Circuit:** This class combines resistance and cardio training using agility drills, weights, machines, and a variety of challenging exercises. Modifications shown for all levels.
- **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, Merengue 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!

MIND/BODY

- **BODYFLOW™:** This is the Yoga, Ta Chi and Pilates workout that leaves you feeling long, strong, centered and calm – the latest in mind/body fitness!
- **Basic /IntermediateYoga:** This class uses poses and breathing styles of different types to traditional Yoga practices like Hatha, Raja and Iyengar.
- **Gentle Yoga:** A gentler, slow moving Yoga designed for beginners. You will learn poses along with breathing and relaxation techniques.
- **Chair Yoga:** Great class for individuals with hesitancy, tightness, balance problems, stiffness or other special needs to practice yoga with security, confidence and safety.
- **Hyp Yoga** (not currently on schedule) :Yoga is a powerful tool that allows us to reconnect with ourselves and to rejuvenate. Hyp-Yoga take us another step into this natural process by connecting what our mind wants with our actual behaviors.
- **Power (Vinyasa) Yoga:** A flowing class of Yoga postures without prolonged holds. Encourages deep breathing and breath-body integration, while increasing strength and balance. This advanced yoga class requires participants be secure in their postures, preferably at least three months yoga experience.
- **Warm Water Yoga-** Gentle flowing movements in the warm water therapy pool make up this Yoga class- for all levels.

Note: LifePointe holds classes weekly for individuals attending the BryanLGH **Independence Center**. These classes are held for Youth and Adults twice a week at various times/rooms. These are private classes and are closed to LifePointe members & guest.