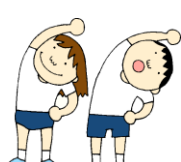



## Group Fitness Schedule

|           | Aquatic Area   | Commons Area/ Lower Level TRX® Room   | Aerobic Studio<br>Limit of 8 + Instructor   | Gym or East Studio   |
|-----------|--|---|---|--|
| MONDAY    | <u>Lap Pool with Marilyn</u><br>8:30-9:30 am - Variety Mix<br><b>Limit of 10 Reservations/ 2 lanes</b><br><u>Warm Water Therapy Pool</u><br>10-10:45 am - Arthritis Therapy<br>11:15 am-12 pm Arthritis Therapy with Marilyn<br>5:30-6:30 pm Arthritis Therapy with Nicole<br><b>Limit of 8 Reservations</b>       | <u>Group Cycling Room</u><br>5:15-6 am – Cycling Shelley<br>9:15-10 am – Cycling Jen<br>5:30-6:15 pm - Cycling Sarah<br><b>Limit of 8 Reservations</b>  | 8-8:50 am - BODYFLOW™ Jen<br>10:15-11 am Yoga Ron<br>11:30 am-12:30 pm - Stretch, Tone & Balance <b>Chair-based</b> Jodi<br>5:30-6:15 pm Zumba Christy<br>6:30-7:15 pm Barre Christy<br><b>All-Limit of 8 Reservations</b>              | <u>Gym</u><br>12-12:45 pm - Weight Circuit Jon<br><b>Limit 8 Reservations</b>  |
| TUESDAY   | <u>Warm Water Therapy Pool</u><br>11:30—12:15 pm Warm Water Tai Chi with Jane<br><br><u>Lap Pool</u> with Pam<br>8:30-9:15 am - WATERinMOTION®<br>6:30-7:15 pm - WATERinMOTION®<br><b>Limit of 10 Reservations/ 2 lanes</b>  | <u>Group Cycling Room</u><br>5:15-6 am - RPM™ Roger<br><b>Limit of 8 Reservations</b>   | <b>9-9:50 a.m. BodyPump with Jen</b><br>10:15-11:15 am -Chair Yoga Jodi<br>5:30-6:20 pm BodyPump with Joel<br><b>Limit of 8 Reservations</b>  | <u>Gym</u><br><b>5:30-6:15 a.m. Boot Camp with Shelley</b><br><b>Limit of 8 Reservations</b><br><br><u>East Studio</u><br><i>(former childcare room)</i><br>10-11 am - Gentle Yoga Jane<br><b>Limit of 8 Reservations</b>    |
| WEDNESDAY | <u>Lap Pool with Marilyn</u><br><b>8:30-9:30 am - Variety Mix</b><br><b>Limit of 10 Reservations/ 2 lanes</b><br><u>Warm Water Therapy Pool</u><br>10-10:45 am - Arthritis Therapy<br>11:15 am-Noon Arthritis Therapy with Marilyn<br>5:30-6:30 pm Arthritis Therapy with Nicole<br><b>Limit of 8 Reservations</b> | <u>Group Cycling Room</u><br>5:15-6 am – Cycling Shelley<br>9:15-10 am – Cycling Jen<br><b>Limit of 8 Reservations</b><br><br><u>TRX® ROOM Lower Level</u><br>5:30-6:15 pm-BODYFLOW™ Rochelle<br><b>Limit of 5 Reservations</b>                 | 8-8:50 am BODYFLOW™ Jen<br>10:15-11 am Yoga Ron<br>11:30 am-12:30 pm - Stretch, Tone, & Balance <b>Chair-based</b> Jodi<br>5:30-6:15 pm Zumba Christy<br>6:30-7:15 pm Barre Intensity With Amber<br><b>All -Limit of 8 Reservations</b> | <u>Gym</u><br>12-12:45 pm - Weight Circuit Jon<br><br><b>Limit of 8 Reservations</b>   |
| THURSDAY  | <u>Warm Water Therapy Pool</u><br>11:30—12:15 pm Warm Water Tai Chi with Jane<br><b>Limit of 8 reservations</b><br><u>Lap Pool with Pam</u><br>8:30-9:15 am - WATERinMOTION®<br>6:30-7:15 pm - WATERinMOTION®<br><b>Limit of 10 Reservations/ 2 lanes</b>  | <u>Group Cycling Room</u><br>5:30-6:15 pm Cycling Rochelle<br><br><b>Limit of 8 Reservations</b>  | <b>9-9:50 a.m. BodyPump with Jen</b><br>10:15-11:15 am - Chair Yoga Jodi<br>5:30-6:20 pm BodyPump with Pam<br><b>Limit of 8 Reservations</b>  | <u>Gym</u><br><b>5:30-6:15 a.m. Boot Camp with Shelley</b><br><b>Limit of 8 Reservations</b><br><br><u>East Studio</u><br><i>(former childcare room)</i><br>10:00-11:00 am - Gentle Yoga Jane<br><b>Limit 8 Reservations</b> |
| FRIDAY    | <u>Lap Pool with Marilyn</u><br>8:30-9:30 am - Variety Mix<br><b>Limit of 10 Reservations/ 2 lanes</b><br><u>Warm Water Therapy Pool</u><br>10-10:45 am - Arthritis Therapy<br>11:15 am-12 pm Arthritis Therapy with Marilyn<br><b>Limit of 8 Reservations</b>   | <u>Group Cycling Room</u><br>5:15-6 am – Cycling/RPM™<br><i>*Will rotate between freestyle &amp; RPM™</i><br>Katie/Chris rotate<br>9:15-10 am – Cycling Jen<br><b>All- Limit of 8 Reservations</b>  | <b>5:30-6:15 am BODYFLOW™</b> Shelley/Karla rotate<br>8-8:45 am BODYFLOW™ Jen<br>10:15-11 am Yoga Ron<br>11:30 am-12:30 pm – Stretch Tone & Balance <b>Chair-based</b><br><b>All- Limit of 8 Reservations</b>                           | <u>Gym</u><br>12-12:45 pm - Weight Circuit Jon<br><br><b>Limit of 8 Reservations</b>   |
| SATURDAY  |  | <u>Group Cycling Room</u><br>8:15- 9am Cycling/RPM™<br><i>*Will rotate between freestyle &amp; RPM™</i><br>Jen/Shelley/Roger<br><br><b>Limit of 8 Reservations</b>  | 9:15-10:00am - BODYFLOW™ Jen<br>10:15-11:00 am Zumba with Christy<br>11:15-Noon Barre Intensity-Rotating<br><br><b>All- Limit of 8 Reservations</b>   | <u>East Studio</u><br><i>(former childcare room)</i><br>9-10 am – YOGA –rotating Jane/Vicki<br><br><b>Limit of 8 Reservations</b>  |
| SUNDAY    | <b>Reservations Are Required for all classes</b><br><b>Please call the FD to reserve or cancel</b>   | <u>Group Cycling Room</u><br>8:15-9 am - Cycling Shelly S<br><br><b>Limit of 8 Reservations</b>   | 4-5:00 pm - BODYFLOW™ Karla<br><br><b>Limit of 8 Reservations</b>   | <b>Please note:</b><br><b>Some class times &amp; duration have changed.</b>  |
|           | Group Exercise Classes are being added back slowly with guidelines for each class conducive to CDC/MFA requirements regarding Covid-19 in this environment. The Group Class Schedule is subject to change weekly.<br>Sanitize<br>Wear Masks<br>Distance yourself 6 ft or more                                      | Masks are to be worn while using the track, to and from your class and as soon as class is over and you are cleaning equipment.<br>Spacing in classes should be 10 ft apart for each participant.<br>Please clean your equipment when finished. | Register online or call 402-481-6300 to reserve your space in class or pools<br>Please call to cancel as well for those on wait list !<br>          | <br><b>Holiday Hours:</b><br>Thursday 12.24 7am-1pm<br>Friday 12.25 CLOSED<br>Thursday 12.31 5am-4pm<br>Friday January 1, 2020 9am-5pm  |

# GROUP FITNESS & EXERCISE CLASS DESCRIPTIONS

|                       |   |
|-----------------------|---|
| <b>Aqua:</b>          | 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 <b><u>one lane for lap swimming</u></b> . 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./ |
| <b>Group Cycling:</b> | All classes are held in the south lobby area of the main floor. Class limit: 20 unless otherwise noted on schedule.   |
| <b>Group Fitness:</b> | All classes are held in the aerobics studio, unless noted on the grid. Class maximum: 25 people unless otherwise noted. <b>TRX® Basic Sessions</b> require preregistration and have a fee. This is a prerequisite class to the TRX Advance classes on this schedule. See front desk to register. Non Members welcome: Select classes are available to non-members by purchasing a <b>punch card</b> These have a 30 day expiration from the date of first use. . Front desk and membership staff can give you information on these specific classes.  |
| <b>Mind/Body:</b>     | Yoga mats, props are provided however, we suggest you invest in a personal mat for best hygiene...  |

**Note:** **COVID 19 Restrictions are currently in place so info on this page may have changed.**  
**Please check with front desk staff if you have questions.**  
**Not all classes listed below are currently on the schedule. Class schedule changes will occur occasionally- (holidays, weather, etc) LifePointe reserves the right to move or 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 will be cancelled. For any other exceptions, please consult the website for details [www.bryanlifepointe.com](http://www.bryanlifepointe.com) or call the front desk at 402-481-6300.**

- 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 participant's own pace. Max class size: 22
  - **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 class for beginning and intermediate participants. Includes low impact cardio, strength training, flexibility and relaxation. This class offers a variety of aerobic activities from basic aerobic to dance routines that keep your heart pumping. A portion of the class is dedicated to strength training and stretching.
  - **Barre Intensity®:** Posture, core strength and body mechanics are the focus of 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™:** 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!
  - **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 (prerequisite class that requires preregistration and fee) and Advanced (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 class days/times are listed on schedule and 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!

- MIND/BODY**
- **BODYFLOW™:** 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:** We offer a variety of yoga classes which incorporate the use of 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. Some of these classes are offered as a weekend workshop rather than ongoing.
  - **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.