



Class Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 a.m.		Wake Up!**		Wake Up!**			
9:00 a.m.	Silver Sneakers® Classic		Silver Sneakers® Classic				
5:15 p.m.			Body Blaster**				
6:00 p.m.			Hustle for the Muscle*				
7:00 p.m.							Basic Flow Yoga

* 30 min. class ** 45 min. class All others 60 minutes

Class size is currently limited to 8 while practicing social distancing

Call 402-269-3760 for class registration

Classes will not be held for less than three people

SilverSneakers® is a registered mark of Healthways Health Support, Inc.

Staff: SilverSneakers®, and Certified Yoga instructors

BODY BLASTER – This 45 minute cardio class offers low impact moves, but high intensity to raise your heart rate and burn calories. This complete workout includes; a warm-up, the cardio section may include a step segment, bootcamp HIIT moves, tabata, or an interval segment and a cool-down. Low impact moves are always demonstrated. You will be encouraged to go at your own pace.

HUSTLE FOR THE MUSCLE – This is a short 30 minutes of strength, toning and abs. So get your hustle on.

MUSCLE WAKE UP (Toning & Core) - Are you ready to enlist? These 45 minute classes include cardio with muscle toning and strength exercises to challenge your strength and endurance while burning lots of calories. Core stability is included along with a cool down/stretch to end this dynamic workout.

SILVERSNEAKERS® CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

YOGA – is a 45 minute class designed for all levels of yoga. This class offers the full spectrum of yoga benefits including a vigorous workout, increased flexibility and balance and a bliss filled mind. It is the perfect way to unwind from a busy weekend and get energized for the coming week.