

Fitness Class Schedule

Including *LES MILLS* virtual



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

VIRTUAL BODYCOMBAT

45 Mins 5:15AM - 6:00AM Group EX

AquaCize

8:30AM - 9:15AM

VIRTUAL THE TRIP

45 Mins 9:00AM - 9:45AM Party Room 1

VIRTUAL GRIT Cardio

30 Mins 9:00AM - 9:30AM Group EX

Silver Sneakers Yoga

9:45AM - 10:30AM Group EX

VIRTUAL On Demand

11:00AM - 4:00PM Group EX

VIRTUAL GRIT Cardio

30 Mins 12:00PM - 12:30PM Party Room 1

VIRTUAL BODYATTACK

45 Mins 4:00PM - 4:45PM Group EX

VIRTUAL CORE

45 Mins 5:00PM - 5:45PM Party Room 1

Zumba

6:00PM - 6:50PM Group EX

Power Wave Water Aerobics

6:00PM - 7:00PM

Cycle

6:30PM - 7:15PM Party Room 1

VIRTUAL BODYPUMP

45 Mins 7:00PM - 7:45PM Group EX

VIRTUAL BODYPUMP

45 Mins 5:15AM - 6:00AM Group EX

Fit & Function

8:30AM - 9:00AM Group EX

VIRTUAL SPRINT

30 Mins 9:00AM - 9:30AM Party Room 1

Silver Sneakers Stability

9:15AM - 10:00AM Group EX

VIRTUAL On Demand

11:00AM - 4:00PM Group EX

VIRTUAL GRIT Cardio

30 Mins 12:00PM - 12:30PM Party Room 1

VIRTUAL BODYPUMP

45 Mins 4:00PM - 4:45PM Group EX

VIRTUAL BODYCOMBAT

45 Mins 5:00PM - 5:45PM Party Room 1

Kids Yoga

6:00PM - 6:45PM Party Room 1

VIRTUAL BODYPUMP

45 Mins 6:00PM - 6:45PM Group EX

Yoga

7:00PM - 7:50PM Group EX

VIRTUAL SPRINT

30 Mins 7:15PM - 7:45PM Party Room 1

VIRTUAL BODYCOMBAT

45 Mins 5:15AM - 6:00AM Group EX

AquaCize

8:30AM - 9:15AM

VIRTUAL THE TRIP

45 Mins 9:00AM - 9:45AM Party Room 1

VIRTUAL GRIT Strength

30 Mins 9:00AM - 9:30AM Group EX

VIRTUAL On Demand

11:00AM - 4:00PM Group EX

VIRTUAL BODYATTACK

30 Mins 12:00PM - 12:30PM Party Room 1

VIRTUAL On Demand

4:00PM - 4:45PM Group EX

VIRTUAL BODYFLOW

45 Mins 5:00PM - 5:45PM Party Room 1

ESCAPE

6:30PM - 7:15 PM Octagon

Zumba

6:00PM - 6:50PM Group EX

Power Wave Water Aerobics

6:00PM - 7:00PM

VIRTUAL BODYPUMP

45 Mins 7:00PM - 7:45PM Group EX

VIRTUAL BODYPUMP

45 Mins 5:15AM - 6:00AM Group EX

Fit & Function

8:30AM - 9:00AM Group EX

VIRTUAL SPRINT

30 Mins 9:00AM - 9:30AM Party Room 1

Line Dancing

9:15AM - 9:45AM Group EX

AquaCize

9:30AM - 10:15AM

VIRTUAL On Demand

11:00AM - 4:00PM Group EX

VIRTUAL CORE

30 Mins 12:00PM - 12:30PM Party Room 1

VIRTUAL On Demand

4:00PM - 4:45PM Group EX

VIRTUAL BODYATTACK

45 Mins 5:00PM - 5:45PM Party Room 1

VIRTUAL BODYPUMP

45 Mins 6:00PM - 6:45PM Group EX

VIRTUAL Born To Move

School Years 8-12 years 45m - R20 - (Full Class) 6:00PM - 6:45PM Party Room 1

TRX Suspension Training

7:00PM - 7:45PM Group EX

VIRTUAL SPRINT

30 Mins 7:15PM - 7:45PM Party Room 1

Virtual On Demand

5:15AM - 6:00AM Group EX

AquaCize

8:30AM - 9:15AM

VIRTUAL GRIT Athletic

30 Mins 9:00AM - 9:30AM Group EX

VIRTUAL THE TRIP

45 Mins 9:00AM - 9:45AM Party Room 1

VIRTUAL On Demand

11:00AM - 4:00PM Group EX

VIRTUAL BODYFLOW

45 Mins 12:00PM - 12:45PM Party Room 1

VIRTUAL On Demand

4:00PM - 4:45PM Group EX

VIRTUAL CORE

45 Mins 5:00PM - 5:45PM Party Room 1

Zumba

6:00PM - 6:50PM Group EX

VIRTUAL Born To Move

School Years 8-12 years 45m - R21 - (Full Class) 6:00PM - 6:45PM Party Room 1

VIRTUAL BODYCOMBAT

45 Mins 7:00PM - 7:45PM Group EX

VIRTUAL THE TRIP

45 Mins 8:30AM - 9:15AM Party Room 1

VIRTUAL BODYATTACK

45 Mins 8:30AM - 9:15AM Group EX

AquaBlast 2.0

9:00AM - 10:00AM

VIRTUAL BODYPUMP

60 Mins 9:30AM - 10:30AM Group EX

VIRTUAL On Demand

10:00AM - 12:00PM Party Room 1

VIRTUAL BODYFLOW

45 Mins 10:45AM - 11:30AM Group EX

COLOR KEY:

RED = Cardio based class format

GREEN = Strength based class format

BLUE = Hybrid based class (Cardio, strength and/or flexibility in one format)

YELLOW = Mind/body, Stress relief and/or flexibility based class format



2825 Y Street
Omaha, NE 68197
402-905-3500

Class descriptions on back of page →

Virtual

BODYATTACK

A high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired exercises like running, lunging and jumping with strength exercises. Equipment Needed: None

THE TRIP

A fully immersive experience, combining a multi-peak cycling workout and a cinematic journey through digitally created worlds. It takes motivation and calorie burn to the next level. Equipment Needed: Stationary Bike

BODYFLOW / BODYBALANCE

A yoga-workout that helps build flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing. Equipment Needed: Mat

BODYPUMP

A barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster. Equipment Needed: Barbell, Weight Plates, Step

LES MILLS CORE

An intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including abs, glutes and back. Equipment Needed: Exercise Band, Weight Plate

LES MILLS SPRINT

A high-intensity interval training workout using an indoor bike to achieve results. It's a short, intense style of training that pushes your physical and mental limits. Equipment Needed: Stationary Bike

Virtual

LES MILLS GRIT

Using high-intensity interval training LES MILLS GRIT delivers maximum results in minimum time. The 30-minute workouts are offered in three formats – Grit Cardio, Grit Strength and Grit Athletic. Equipment Needed: Grit Cardio=Free weights, Grit Strength=Step, Barbell & Free weights, Grit Athletic=Step & Free weights)

BORN 2 MOVE

Kids Classes 8-12-Designed to nurture a life-long love of physical activity, BORN TO MOVE™ helps children experience the joy and vitality of moving to music. Each 30 or 45-minute class for kids is jam-packed with music and fitness moves and games.

BODYCOMBAT

A mixed martial arts workout that fuels cardio fitness and defines and strengthens your whole body. You'll focus on agility and speed and build phenomenal core strength. Equipment Needed: None

Virtual

On Demand Classes

These classes are only available through the "On demand" option currently. You also have the option to add any of the scheduled classes in an On-Demand Session. During the On-Demand time you can chose any Les Mills Classes that suits your needs.

SH'BAM

The cheeky and cool dance workout where anything goes, and everything is encouraged. Mixing awesome music and simple but sassy dance moves, the energy is highly contagious! Equipment Needed: None

Virtual

RPM

A cardio peak cycle workout that burns calories and improves cardio fitness. You find your rhythm in the music, set your own resistance level, burn calories and hit an endorphin high. Equipment Needed: Stationary Bike

LES MILLS BARRE

A modern version of ballet training, designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. It combines cardio with high-rep strength exercises. Equipment Needed: 2 Small hand weights.

Instructor-Led

AquaCize

Improve joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength by participating in this low to medium impact class.

Power Wave Water Aerobics

An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and conditioning. Using the shallow and deep water.

AquaBlast 2.0

This is a very upbeat class uses the resistance of the water and equipment to give each participant a great workout and while challenge them to move forward with their daily life in a step-up approach.

Escape

Escape Octagon providing a full range of functional training experiences! With classes focusing on body conditioning, cross training and athletic based training we will have something for every "body". When members move from conventional and weight machines into functional training you will notice the difference in minutes. The biggest change will be in the "fun" factor of the process.

Instructor-Led

Line Dancing

A form of dance in which memory, coordination and balance come together including a little bit of cardiovascular fitness. Dancers learn basic steps, rhythms and routines choreographed to music. It is also an amazing way to relieve stress because it's fun and just makes you feel good.

Zumba

Add some Latin flavor and international zest to your workout with Zumba®. This is a 50-minute class for all fitness levels. Arrive early to get a spot.

TRX Suspension Training

Suspension Training gives your strength routine a twist that provides results. Build muscle using the suspension trainer and your own body weight. Power through multiple sets of tension loaded exercises in this time-based workout for all levels. Space is limited.

Fit & Function

Led by a certified FAI Specialist, this class is based on strategies, movement and critical skills to assist adults in safely improving or maintaining mobility and function.

Yoga

A combination of traditional yoga concepts and techniques with Western scientifically and medically based knowledge. Yoga works toward an understanding of body awareness using breathing techniques, stress reduction, relaxation and increased range of motion in all major muscle groups while enhancing strength and flexibility. Please bring your own mat and additional equipment for class.

Instructor-Led

SilverSneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

SilverSneakers Stability

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

Kids Yoga

Kids will learn ways through yoga to gain control when upset, frustrated or needing to decompress. Other focuses will include deep breathing and thinking through actions before acting on them while learning the basics of yoga poses.

Cycle

Cycle classes on our Stages bikes provide you with an excellent form of cardio along with ways to monitor your fitness levels and gauge your improvements through the power meter. These classes are set up for all fitness experience levels. Space is limited.