

Fitness Class Schedule

Including *LES MILLS* virtual



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AQUACIZE 8:30AM - 9:15AM AQUATICS</p> <p>VIRTUAL THE TRIP 9:00AM - 9:45AM PARTY ROOM 1</p> <p>VIRTUAL GRIT CARDIO 9:00AM - 9:30AM GROUP EX</p> <p>LES Mills BODYCOMBAT (LIVE) 7:00 PM - 7:45 PM (Ages 16+) 1st Fit Deck - Starts 9/12</p> <p>RPM 12:00PM - 12:30PM PARTY ROOM 1</p> <p>VIRTUAL BODYATTACK 4:00PM - 4:45PM GROUP EX</p> <p>TIK TOK DANCE 4:30PM - 5:15PM Upstairs Youth Fitness</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>ZUMBA 6:00PM - 6:50PM GROUP EX</p> <p>POWER WAVE WATER AEROBICS 6:00PM - 7:00PM AQUATICS</p> <p>CYCLE 6:30PM - 7:15PM PARTY ROOM 1</p>	<p>FIT & FUNCTION 8:30AM - 9:00AM GROUP EX</p> <p>VIRTUAL SPRINT 9:00AM - 9:30AM PARTY ROOM 1</p> <p>RPM 12:00PM - 12:30PM PARTY ROOM 1</p> <p>VIRTUAL BODYPUMP 4:00PM - 4:45PM GROUP EX</p> <p>THE FLOOR IS LAVA 5:00PM - 5:45PM UPSTAIRS YOUTH FITNESS</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>INNER CALM KIDS YOGA 6:00 PM - 6:45 PM (Ages 7-12) UPSTAIRS YOUTH FITNESS</p> <p>PIYO 6:00 PM - 6:45 PM (Ages 16+) GROUP EX STUDIO</p> <p>VIRTUAL BODYPUMP 6:00PM - 6:45PM GROUP EX</p> <p>YOGA 7:00PM - 7:50PM GROUP EX</p> <p>VIRTUAL SPRINT 7:15PM - 7:45PM PARTY ROOM 1</p>	<p>AQUACIZE 8:30AM - 9:15AM AQUATICS</p> <p>VIRTUAL THE TRIP 9:00AM - 9:45AM PARTY ROOM 1</p> <p>VIRTUAL GRIT STRENGTH 9:00AM - 9:30AM GROUP EX</p> <p>QIGONG 9:45 AM - 10:30 AM (Ages 16+) Group Ex Studio</p> <p>RPM 12:00PM - 12:30PM PARTY ROOM 1</p> <p>UP YOUR GAME 5:00PM - 5:45PM UPSTAIRS YOUTH FITNESS</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>POWER WAVE WATER AEROBICS 6:00PM - 7:00PM AQUATICS</p> <p>ESCAPE 6:30PM - 7:15 PM (Ages 16+) UPPER FITNESS DECK</p> <p>BARRE 7:00PM - 7:45PM GROUP EX STUDIO</p>	<p>VIRTUAL BODYPUMP 5:15AM - 6:00AM GROUP EX</p> <p>FIT & FUNCTION 8:30AM - 9:00AM GROUP EX</p> <p>VIRTUAL SPRINT 9:00AM - 9:30AM PARTY ROOM 1</p> <p>LINE DANCING 9:15AM - 9:45AM GROUP EX</p> <p>AQUACIZE 9:30AM - 10:15AM AQUATICS</p> <p>RPM 12:00PM - 12:30PM PARTY ROOM 1</p> <p>TOTALLY TUBULAR 4:30PM - 5:15PM UPSTAIRS YOUTH FITNESS</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>TOTALLY TUBULAR 4:30PM - 5:15PM UPSTAIRS YOUTH FITNESS</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>TRX SUSPENSION TRAINING 7:00PM - 7:45PM (AGES 19+) GROUP EX</p> <p>VIRTUAL SPRINT 7:15PM - 7:45PM PARTY ROOM 1</p>	<p>AQUACIZE 8:30AM - 9:15AM AQUATICS</p> <p>VIRTUAL GRIT ATHLETIC 9:00AM - 9:30AM GROUP EX</p> <p>VIRTUAL THE TRIP 9:00AM - 9:45AM PARTY ROOM 1</p> <p>RPM 12:00PM - 12:45PM PARTY ROOM 1</p> <p>TOTAL T-REX 4:30PM - 5:15PM UPSTAIRS YOUTH FITNESS</p> <p>VIRTUAL THE TRIP 5:00PM - 5:45PM PARTY ROOM 1</p> <p>LES Mills BODYPUMP (LIVE) 7:00 PM - 7:45 PM (Ages 16+) GROUP EX</p>	<p>VIRTUAL THE TRIP 8:30AM - 9:15AM PARTY ROOM 1</p> <p>VIRTUAL BODYATTACK 8:30AM - 9:15AM GROUP EX</p> <p>AQUABLAST 2.0 9:00AM - 10:00AM AQUATICS</p> <p>VIRTUAL BODYPUMP 9:30AM - 10:30AM GROUP EX</p> <p>RPM 10:00AM - 10:50AM PARTY ROOM 1</p> <p>VIRTUAL BODYFLOW 10:45AM - 11:30AM GROUP EX</p>

COLOR KEY:
RED = Cardio based class format
GREEN = Strength based class format
BLUE = Hybrid based class (Cardio, strength and flexibility in one format)
PURPLE = Mind/body, Stress relief and/or flexibility based class format

****For any questions or additional class information please see the Health & Recreation Manager or Assistant Manager****



KROC CENTER
OMAHA

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

Class descriptions on back of page →

Virtual

ON DEMAND CLASSES

These classes are all available through the "On demand" option. During the On-Demand time you can choose any Les Mills Classes that suits your needs.

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

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)

Virtual

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

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

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

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.

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

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 WATER WAVE 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.

PIYO

PiYo is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises. During a PiYo class, you'll move through powerful, flowing sequences. These target your whole body, building lean muscle mass and flexibility.

TAI CHI

A slow, controlled way to relieve stress and develop muscle while increasing range of motion without pain. This is a great class for anyone, from those with special needs such as shoulder, back or knee pain to older adults who want to improve their balance.

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..

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.

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.

TIK TOK DANCE

This class will have you learning some of the trending new dance moves throughout the world. This is a family friendly cardio-based class that will have families dancing into the 21st century.

TOTALLY TUBULAR

A resistance band workout with friends, cool music and an emphasis on fun. Who need weights when we have tubes! This workout will leave you wanting more. Kids can be just like the adults and have a healthy way to tone those growing muscles and maintain a healthy lifestyle.

Instructor-Led

SILVER SNEAKERS 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.

SILVER SNEAKERS 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.

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.

THE FLOOR IS LAVA

In this kid friendly balance and agility class, "the floor is lava!!!". You will learn to navigate through a variety of different obstacle courses that will test your balance and agility. Watch out though, you don't want to hit the floor, "IT'S LAVA".

BARRE

Build both muscular endurance and strength. Our motivating playlists will push you to get lower and dig deeper in small movements that bring on the "shake" + large movements that increase your power. You'll walk out of class feeling stronger, more toned and accomplished.

UP YOUR GAME

In this strength and endurance class you will work on the major muscle groups to up your game. This will have bodyweight exercises that will promote toned and balanced muscles for a healthy lifestyle and get you ready for any sport. It will have fun cardio games to get that heart pumping. Are you ready to UP YOUR GAME!