



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA 7502 Maple St Omaha, NE 68134 402-393-3700
January 2 –April 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle (Meg) 5:30-6:15am CS	Group Cycle (Crystal) 5:30-6:15 am CS	Group Cycle (Thea) 5:30-6:15am CS		BODYATTACK™ (Stacy) 7:20-8:20am AS
BODYPUMP™ (Amy) 5:30-6:25am AS	BODYATTACK™(Amy) 5:30-6:25am AS	BODYPUMP® (Linda) 5:30-6:25am AS	H.I.I.T. (Lauren) 5:30-6:25am AS	BODYPUMP™ (Amy) 5:30-6:25am AS	Group Cycle(Thea) 7:30-8:25am CS
SilverSneakers® Circuit (Sherri) 8:15am-9:00am G				SilverSneakers® Circuit (Marilee) 8:15-9:00am G	BODYPUMP™ (David) 8:25-9:25am AS
BODYVIVE™ (Sherri) 9:15-10:10am AS	BODYPUMP™ (Amy) 9:15-10:15am AS	Step (Marilee) 9:15-10:15am AS	BODYPUMP™ (Amy) 9:15-10:15am AS	Step Interval (Sherri) 9:15-10:15am AS	Aqua Zumba® (rotating) 8:30am-9:15am P
SilverSneakers® Classic (Molly) 9:15 am-10:00 am G	BODYVIVE™ (Marilee) 9:15am-10:10am G	SilverSneakers® Circuit (Amy) 9:15am-10:00am G	BODYVIVE™ (Susie) 9:15am-10:10am G	SilverSneakers® Classic (Marilee) 9:15-10:00am G	Pound® (Linda) 9:30am-10:15am AS
	Group Cycle (Crystal) 9:00-9:45am CS		Group Cycle (Crystal) 9:00-9:45am CS	Group Cycle (Molly) 9:30-10:15am CS	Zumba® (Linda) 10:15am-11:00am AS
Group Cycle (Stacy) 9:30-10:15am CS	Yoga (Andrea) 10:15-11:15 am MR		PiYo (Crystal) 10:00-10:45 am MR		P90X LIVE! (Kris) 11:05-11:50am AS
Active Older Adults Aquacise (Jennifer K.) 10:15-11:00am P	SilverSneakers® Splash (Jen) 10:15-11am P	Active Older Adults Aquacise (Deb) 10:15-11:00am P	SilverSneakers® Splash (Jen) 10:15-11am P	Active Older Adults Aquacise (Jennifer K.) 10:15-11am P	SUNDAY
BODYPUMP™ (Stacy) 10:30-11:25am AS	ZumbaGold® (Hadeel) 11:15-12:00pm AS	BODYPUMP™ (Marilee) 10:30-11:25 am AS		BODYPUMP™ (Marilee) 10:30-11:25am AS	BODYPUMP™ (Kirsten) 1-2:00pm AS
danceFIT (Monica) 12-12:45pm AS		danceFIT (Monica) 12-12:45pm AS		Yoga (Molly) 10:30-11:15am MR	MIXXEDFIT® (Maria) 2:05-3:00pm AS
			Delay the Disease™ (Susie) 1pm-2:00pm AS		
BODYVIVE™ (Marilee) 4:30-5:15pm AS		BODYVIVE™ (Susie) 4:30-5:15pm AS	Pilates Express (JoAnn) 5:-5:30pm MR		
Step (Marilee) 5:30-6:15pm AS	BODYPUMP™(Sherri) 5:15-6pm AS	Pound ® (Susie) 5:15-5:30pm AS Starts Jan. 11	Aqua Zumba® (Amy) 5-5:45pm P		
Group Cycle (Pete) 6:30-7:15pm CS	Group Cycle (Theresa) 5:30-6:15pm CS	BODYPUMP™ (Lauren) 5:35-6:35pm AS	BODYPUMP™ (Lauren) 5:30-6:30pm AS		Announcements
BODYPUMP™(Crystal) 6:30-7:25pm AS	Cardio Combo (Kirsten) 6:15-7:10pm AS	Yoga (Lisa) 6:30-7:25pm MR	Group Cycle (Theresa) 5:30-6:15pm CS		Modified schedule on
Yoga (Jay) 6:30-7:25pm MR	Family Fitness (Renata) 6:30-7:30pm G	MIXXEDFIT® (Sammie) 6:40-7:35pm AS	Family Fitness (Renata) 6:30-7:30pm G	MIXXEDFIT® (Maria) 5:30-6:25pm AS	
Aqua Zumba®(Takako) 7:30-8:15pm P	P90X LIVE! (Kris) 7:15-8:00pm AS		Zumba ® (Kelly) 6:35-7:20pm AS	Yoga (Pete) 6:30-7:25pm MR	
Zumba® (Linda) 7:30-8:10 pm AS	Aqua Zumba® (Carissa) 7:30-8:15pm P	Aquacise (Danette) 7:30-8:25pm P			
Pound® (Linda) 8:10-8:30 pm AS				Last updated 07/08/2016	Shading denotes new class format/change of instructor/time
AS- Aerobic Studio	MR- Maple Room	G-Gym	P-Pool	CS- Cycling Studio	Aqua Class

Questions or feedback contact Marilee Garrison, Group Exercise Lead via email mqarrison@metroymca.org or phone at 402-393-3700

