



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA 7502 Maple St Omaha, NE 68134 402-393-3700  
April 2 – May 19, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle (Meg) 5:30-6:15am CS	Group Cycle (Carissa) 5:30-6:15 am CS	Group Cycle (Thea) 5:30-6:15am CS		BODYATTACK™ (Stacy) 7:20-8:20am AS
BODYPUMP™ (Amy) 5:30-6:30am AS	BODYATTACK™(Amy) 5:30-6:30am AS	BODYPUMP® (Linda) 5:30-6:30am AS	H.I.I.T. (Lauren) 5:30-6:25am AS	BODYPUMP™ (Amy) 5:30-6:30am 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	Cycle Gospel (MJ) 9:30-10:15am CS
Group Cycle (Stacy) 9:30-10:15am CS	Group Cycle (Crystal) 9:00-9:45am CS		Group Cycle (Crystal) 9:00-9:45am CS	Group Cycle (Molly) 9:30-10:15am CS	Pound® (Linda) 9:30am-10:15am AS
	Yoga/PiYo (Andrea) 10:15-11:15 am MR		PiYo (Crystal) 10:00-10:45 am MR		Zumba® (Linda) 10:15am-11:00am 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	P90X LIVE! (Kris) 11:05-11:50am AS
BODYPUMP™ (Stacy) 10:30-11:30am AS	ZumbaGold® (Hadeel) 11:15-12:00pm AS	BODYPUMP™ (Marilee) 10:30-11:30 am AS	ZumbaGold® (Hadeel) 11:15-12:00pm AS	BODYPUMP™ (Marilee) 10:30-11:30am AS	<b>SUNDAY</b>
danceFIT (Monica) 12-12:45pm AS		danceFIT (Monica) 12-12:45pm AS		Yoga (Molly) 10:30-11:15am MR	BODYPUMP™ (Kirsten) 1-2:00pm AS
			Delay the Disease™ (Susie) 1pm-2:00pm AS		MIXXEDFIT® (Maria) 2:05-3:05pm AS
BODYVIVE™ (Marilee) 4:30-5:15pm AS		BODYVIVE™ (Susie) 4:30-5:15pm AS			
Step (Marilee) 5:25-6:10pm AS	BODYPUMP™ (Sherri) 5:15-6pm AS	Pound® (Susie) 5:25-5:55pm MR	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) 5:25-6:10pm AS	BODYATTACK™ (Katie) 5:25-6:25pm AS		<b>Announcements</b>
BODYPUMP® (Janet) 6:15-7:15pm AS	Cardio Combo (Kirsten) 6:15-7:10pm AS	BODYATTACK™ (Katie) 6:15-7:15pm AS	Group Cycle (Theresa) 5:30-6:15pm CS		Modified schedule on April 16 (no classes)
Yoga (Jay) 6:30-7:25pm MR	Family Fitness (Renata) 6:30-7:30pm G	Yoga (Lisa) 6:30-7:25pm MR	BODYPUMP® (Thea) 6:30-7:30pm AS	MIXXEDFIT® (Maria) 5:30-6:25pm AS	
Zumba® (Linda) 7:20-8:00 pm AS	P90X LIVE! (Kris) 7:15-8:00pm AS	MIXXEDFIT® (Sammie) 7:20-8:15pm AS	Family Fitness (Renata) 6:30-7:30pm G	Yoga (Pete) 6:30-7:25pm MR	
Aqua Zumba® (Takako) 7:30-8:15pm P	Aqua Zumba® (Carissa) 7:30-8:15pm P	Aquacise (Danette) 7:30-8:25pm P			
Pound® (Linda) 8:00-8:30 pm AS				Last updated 03/29/2017	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](mailto:mqarrison@metroymca.org) or phone at 402-393-3700

