




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA * 7502 Maple Street * Omaha, NE 68134 * (402) 393-3700
Effective Sept. 5– Oct. 23, 2010

AEROBICS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Body Pump (Corie) 5:30-6:30am	BodyAttack (Cathy) 5:30-6:30am	Body Pump(Jodie) 5:30-6:30am	Body Attack (Jodie) 5:30-6:30am	Body Pump (Amy) 5:30-6:30am		
		Ult. Combo (Sherri) 9:15-10:15am	BodyPump (Linda) 9:15-10:15am	Ult. Combo (Marilee) 9:15-10:15am	BodyPump (Linda) 9:15-10:15am	Ult. Combo (Sherri) 9:15-10:15am	Zumba (Linda) 7:30-8:15am	
	Body Pump (Sherri) 1:00-2:00pm	Body Pump (Stacy) 10:30-11:30am	PiYo (Linda) 10:30-11:30am	BodyPump (Marilee) 10:30-11:30am	PiYo (Linda) 10:30-11:30am	Body Pump (Marilee) 10:30-11:30am	Body Pump (Linda) 8:30-9:30am	
	BodyVive (Sherri) 2:00-3:00pm	BodyVive (Marilee) 4:30-5:30pm	Body Pump (Amy) 4:30-5:30pm	BodyVive (Susie) 4:30-5:30pm	Body Pump (Corie) 4:30-5:30pm		Body Attack 9:35am-10:35am	
		Step II (Marilee) 5:30-6:30pm	Body Attack (Jodie/Julie) 5:35-6:35pm	Step II (Sherri) 5:30-6:30pm	Body Attack (Julie) 5:35-6:35pm	Body Pump (Cathy) 5:30-6:30pm		
		Body Pump (Jodie) 6:30-7:30pm	Low Impact/ BodyVive (Susie) 6:40- 7:25pm	Body Pump (Stacy) 6:30-7:30pm	Low Impact/ BodyVive (Susie) 6:40-7:25pm			
		Zumba (Linda) 7:35-8:20pm	Hip Hop (Tera) 7:30-8:30pm	Zumba (Lena) 7:35-8:20pm	(TaekwanDo) Hip Hop in Maple Rm			

MAPLE ROOM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Yoga Ball (Joann) 6:15-6:45pm	BodyVive (Marilee) 9:15-10:15am In the GYM	Zumbatomics (Youth Fitness) 5:30-6:15pm 		Yoga (Katie) 6:30-7:30pm	Yoga for Kids (Debi) 9:30-10:15am	
		Pilates (JoAnn) 7:00-8:00pm	PiYo (Cathy H.) 6:00-7:00pm		PiYo (Cathy H) 6:00-7:00pm			
				Hip Hop (Tera) 7:30-8:30pm				

GYM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SilverSneakers® I MSROM (Julie) 9:15-10:00am	BodyVive (Marilee) 9:15-10:15am	SilverSneakers® II Cardio Circuit (Amy) 9:15-10:00am		SilverSneakers® I MSROM (Marilee) 9:15-10:00am	
	Youth Fit Club 7:00-8:00pm	Family Fitness (Dede) 6:00-7:00pm		Family Fitness (Dede) 6:00-7:00pm			

GROUP CYCLING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			5:30-6:15am Jodie	5:30-6:15am Chris	5:30-6:15am Molly			
		9:30-10:15am Stacy	10:15-11am MJ	9:30-10:15am Jodie	10:15-11am Meg		8:00-9:00am Jodie	
		12-12:45pm Vince				12-12:45pm Vince		
		5:30-6:00pm (Kathy) QUICK CYCLE		5:30-6:00pm (Kathy) QUICK CYCLE				
	6:15-7:00pm Pete	4:45-5:30pm Stacey/Chris	6:15-7:00pm Hayley	4:45-5:30pm Cathy/Linda				