



Mills County YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Pump Aerobic Studio					5:15AM-6:15AM (Group Exercise) <i>Shari G.</i>		
Aquacise Pool					6:00AM-6:45AM (Group Exercise) <i>Annette</i>		
Aqua Interval Pool					8:00AM-8:45AM (Group Exercise) <i>Sharon</i>		
SilverSneakers Classic Aerobic Studio					10:00AM-10:45AM (Group Exercise) <i>Anne R.</i>		
Group Power Aerobic Studio						8:00AM-9:00AM (Group Exercise) <i>Christina Z.</i>	



Sarpy YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Studio A					5:15AM-6:15AM (Group Exercise) <i>Katie W.</i> 4:30PM-5:30PM (Group Exercise) <i>Brianna M.</i>		10:00AM-11:00AM (Group Exercise) <i>Katie W.</i>
Cycling Studio B					6:00AM-6:45AM (Group Exercise) <i>Brandie M.</i>	7:30AM-8:15AM (Group Exercise) <i>Steve Z.</i>	
Aqua Interval Pool					8:15AM-9:15AM (Group Exercise) <i>Katherine J.</i>	7:55AM-8:55AM (Group Exercise) <i>Chris R.</i>	
Barre Studio B					8:15AM-9:15AM (Group Exercise) <i>Jessica G.</i>		
BODYPUMP Studio A					8:15AM-9:15AM (Strength) <i>Brianna M.</i>	7:30AM-8:30AM (Strength) <i>Brandie M.</i>	11:10AM-12:10PM (Strength) <i>Brianna M.</i>
Yoga Studio B					9:30AM-10:15AM (Mind Body) <i>Lori M.</i>		8:15AM-9:15AM (Mind Body) <i>Madison K.</i>
SilverSneakers Circuit Studio A					10:20AM-11:05AM (Group Exercise) <i>Maria J.</i>		
DanceFit Studio B					10:40AM-11:30AM (Cardio) <i>Margaret T.</i>		
SilverSneakers Classic Studio A					11:15AM-12:00PM (Group Exercise) <i>Maureen H.</i>		
HIIT Cardio Studio B						8:45AM-9:15AM (Group Exercise) <i>Brianna M.</i>	
Mat Pilates Studio A						8:45AM-9:35AM (Mind Body) <i>Brandie M.</i>	
Strength & Stretch Studio B						9:20AM-10:05AM (Active Older Adult) <i>Brianna M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DanceFit Studio A						9:40AM-10:40AM (Cardio) <i>Jessica G.</i>	
Deep Water Pool							12:30PM-1:20PM (Group Exercise) <i>Robert N.</i>



Westview YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio					5:15AM-6:00AM (Group Exercise) <i>Chanda C.</i>		
Total Body Conditioning (TBC) Group Fitness Studio					5:15AM-6:00AM (Group Exercise) <i>Heather M.</i>		
Strength & Stretch Group Fitness Studio					6:05AM-6:50AM (Active Older Adult) <i>Heather M.</i> 8:30AM-9:15AM (Active Older Adult) <i>MaryLou B.</i>		
Aquacise Pool					9:15AM-10:15AM (Group Exercise) <i>Gretchen T.</i>	7:15AM-8:00AM (Group Exercise) <i>Hiroko D.</i>	
HIIT Cardio Strength Group Fitness Studio					9:30AM-10:15AM (Group Exercise) <i>MaryLou B.</i>		
SilverSneakers Circuit Group Fitness Studio					10:45AM-11:30AM (Group Exercise) <i>Jacqueline G.</i>		
Barre Group Fitness Studio					12:15PM-1:00PM (Group Exercise) <i>Jacqueline G.</i>		
BODYPUMP Group Fitness Studio						8:00AM-9:00AM (Strength) <i>Jamie D.</i>	
MixedFit Group Fitness Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah K.</i>	
Yoga Group Fitness Studio						10:30AM-11:15AM (Mind Body) <i>Haily E.</i>	10:30AM-11:15AM (Mind Body) <i>Kristina H.</i>
BODYCOMBAT Group Fitness Studio							9:15AM-10:15AM (Group Exercise) <i>Jamie D.</i>
Line Dancing Group Fitness Studio							5:30PM-6:30PM (Group Exercise) <i>Sue D.</i>



Gretna Crossing YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Studio A					5:15AM-6:00AM (Group Exercise) <i>Katie B.</i>		
Aquacise Pool					8:00AM-8:45AM (Group Exercise) <i>Becky C.</i>		
Aqua Interval Pool					9:00AM-9:45AM (Group Exercise) <i>Becky C.</i>	8:30AM-9:15AM (Group Exercise) <i>Lynn R.</i>	
Total Body Conditioning (TBC) Studio A					9:00AM-9:45AM (Group Exercise) <i>Sophie H.</i>		
LES MILLS CORE Studio A					10:00AM-10:30AM (Group Exercise) <i>Sophie H.</i>		
Barre Studio B					10:15AM-11:00AM (Group Exercise) <i>Kelly K.</i>		
SilverSneakers Classic Studio A					10:45AM-11:30AM (Group Exercise) <i>Kitt</i>		
Cycling Cycling						7:30AM-8:15AM (Group Exercise) <i>Leigh</i>	4:00PM-4:45PM (Group Exercise) <i>Ashley S.</i>
BODYPUMP Studio A						8:00AM-8:45AM (Strength) <i>Sophie H.</i>	
Yoga Studio B						8:30AM-9:30AM (Mind Body) <i>Ava C.</i>	
HIIT Cardio Strength Studio A						9:00AM-9:45AM (Group Exercise) <i>Leigh</i>	
DanceFit Studio A						10:00AM-11:00AM (Cardio) <i>Yvette</i>	
Family Yoga Studio B							3:45PM-4:15PM (Mind Body) <i>Abigail</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Studio B							4:30PM-5:30PM (Group Exercise) <i>Abigail</i>



Charles E Lakin YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cardio Strength High Impact Studio					5:30AM-6:15AM (Group Exercise) <i>Andrew M.</i>		
Total Body Conditioning (TBC) Gymnasium					6:15AM-7:00AM (Group Exercise) <i>Dwayne R.</i>		
Aquacise Pool					8:00AM-8:45AM (Group Exercise) <i>Hiroko D.</i>		
HIGH Fitness High Impact Studio					8:30AM-9:30AM (Group Exercise) <i>Ryann E.</i>		
Cycling Cycling Studio					9:45AM-10:15AM (Group Exercise) <i>Kim R.</i>	9:30AM-10:15AM (Group Exercise) <i>Richard D.</i>	
Low-Impact Cardio Strength Gymnasium					10:30AM-11:15AM (Group Exercise) <i>Kim R.</i>		
Step High Impact Studio					5:15PM-6:00PM (Group Exercise) <i>Jackie R.</i>		
Group Fight High Impact Studio						7:00AM-8:00AM (Cardio) <i>Vivian S.</i>	
Group Power High Impact Studio						8:05AM-8:50AM (Group Exercise) <i>Vivian S.</i>	
MixedFit High Impact Studio						9:00AM-9:45AM (Group Exercise) <i>Shona J.</i>	
Total Body Conditioning (TBC) High Impact Studio							12:00PM-1:00PM (Group Exercise) <i>Krista H.</i>



Maple Street YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio B					5:30AM-6:15AM (Strength) <i>Becki P.</i>		10:30AM-11:30AM (Strength) <i>Becki P.</i>
Step Studio B					8:30AM-9:30AM (Group Exercise) <i>Sherri M.</i>		
Chair Yoga Gymnasium					9:00AM-9:45AM (Group Exercise) <i>McCall K.</i>		
Aqua Interval Pool					10:00AM-10:45AM (Group Exercise) <i>Hiroko D.</i>		
Group Active Studio B					10:00AM-11:00AM (Group Exercise) <i>Becki P.</i>		
Yoga Studio A					10:30AM-11:30AM (Mind Body) <i>McCall K.</i>		
Group Fight Studio B					6:00PM-7:00PM (Cardio) <i>Samantha H.</i>		
HIIT Cardio Strength Studio B						7:30AM-8:15AM (Group Exercise) <i>Emmy S.</i>	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah</i>	
DanceFit Studio B							12:00PM-1:00PM (Cardio) <i>Maria F.</i>



Twin Rivers YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Fitness Studio					5:30AM-6:30AM (Strength)	8:00AM-9:00AM (Strength) <i>Jennifer P.</i>	
BODYATTACK Group Fitness Studio					8:15AM-9:15AM (Group Exercise) <i>Kris B.</i>		
Yoga Group Fitness Studio					9:30AM-10:15AM (Mind Body) <i>Meaghan D.</i>		
SilverSneakers Classic Group Fitness Studio					10:45AM-11:30AM (Group Exercise) <i>Jennifer P.</i>		
Cycling Community Cycle Center						9:15AM-10:00AM (Group Exercise) <i>Amanda C.</i>	
Zumba Group Fitness Studio							1:00PM-2:00PM (Group Exercise) <i>April W.</i>



Downtown YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio					5:30AM-6:15AM (Group Exercise) <i>Steve Z.</i> 12:00PM-1:00PM (Group Exercise) <i>Bill Z.</i>		
Total Body Conditioning (TBC) Group Exercise Studio					6:00AM-7:00AM (Group Exercise) <i>Dan K.</i>		
Yoga Mind Body Studio					6:00AM-7:00AM (Mind Body) <i>McCall K.</i>	7:00AM-8:00AM (Mind Body) <i>Sherrie M.</i>	
BODYPUMP Group Exercise Studio					12:00PM-12:45PM (Strength) <i>Tiffany S.</i>		
Urban Line Dancing Group Exercise Studio					6:00PM-7:30PM (Group Exercise) <i>Nickcol T.</i>		
HIIT Cardio Strength Group Exercise Studio						8:15AM-9:15AM (Group Exercise) <i>Andrea</i>	
Core and More Cycling Studio						9:00AM-9:40AM (Group Exercise) <i>Dan K.</i>	
Mobility and Flexibility Mind Body Studio						9:45AM-10:30AM (Group Exercise) <i>Dan K.</i>	



Armbrust YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio A					5:30AM-6:30AM (Strength) <i>Erica B.</i>	7:45AM-8:45AM (Strength) <i>Sara E.</i>	3:45PM-4:45PM (Strength) <i>Erica B.</i>
Total Body Conditioning (TBC) Gymnasium					5:30AM-6:15AM (Group Exercise) <i>Jenny K.</i> 9:00AM-10:00AM (Group Exercise) <i>Amanda C.</i>	7:30AM-8:15AM (Group Exercise) <i>Dorine</i>	9:15AM-10:15AM (Group Exercise) <i>Sam H.</i>
Low-Impact Cardio Strength Studio A					8:00AM-8:45AM (Group Exercise) <i>Jennifer P.</i>		
Aqua Interval Pool					9:00AM-10:00AM (Group Exercise) <i>Heather</i>		
Zumba Studio A					9:30AM-10:15AM (Group Exercise) <i>Isela</i>	10:15AM-11:00AM (Group Exercise) <i>Tianna H.</i>	5:00PM-5:45PM (Group Exercise) <i>Tianna H.</i>
Chair Yoga Gymnasium					10:30AM-11:15AM (Group Exercise) <i>Heather R.</i>		
Yoga Studio A					10:30AM-11:30AM (Mind Body) <i>Jami S.</i>		
Aqua Zumba						8:00AM-8:45AM (Group Exercise) <i>Takako M.</i>	
Yoga Community Room B						8:15AM-9:00AM (Mind Body) <i>Lisa R.</i>	
Group Fight Studio A						9:00AM-10:00AM (Cardio) <i>Heather R.</i>	6:00PM-6:45PM (Cardio) <i>Brittany R.</i>
Yoga Community Room A						9:15AM-10:00AM (Mind Body) <i>Lisa R.</i>	8:15AM-9:15AM (Mind Body) <i>Jami S.</i>
Cycling Studio B (Cycling)						10:00AM-10:45AM (Group Exercise) <i>Monica W.</i>	10:00AM-11:00AM (Group Exercise) <i>Bill Z.</i>



Butler-Gast YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise Pool					7:00AM-8:00AM (Group Exercise) Anita R. 10:00AM-11:00AM (Group Exercise) Connie C.		



Southwest YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Big Gym					8:15AM-9:00AM (Group Exercise) <i>Jackie W.</i> 9:15AM-10:00AM (Group Exercise) <i>Alicia</i>		
Aquacise					9:00AM-9:45AM (Group Exercise) <i>Lisa</i>		
Group Active Group Fitness Studio					9:00AM-10:00AM (Group Exercise) <i>Erin S.</i>	8:00AM-9:00AM (Group Exercise) <i>Becki P.</i>	
Group Fight Group Fitness Studio					10:00AM-10:30AM (Cardio) <i>Lisa P.</i>	9:45AM-10:15AM (Cardio) <i>Lisa P.</i>	
Zumba Group Fitness Studio					10:30AM-11:30AM (Group Exercise) <i>Alicia</i>		
Group Centergy Group Fitness Studio					11:45AM-12:30PM (Mind Body) <i>Lisa P.</i>		
Aqua Boot Camp Pool						8:00AM-8:45AM (Group Exercise) <i>Mary U.</i>	
Mat Pilates Group Fitness Studio						8:00AM-8:45AM (Mind Body) <i>Holly</i>	
Aquacise Pool						9:00AM-9:45AM (Group Exercise) <i>Legna C.</i>	
Group Core® Group Fitness Studio						9:05AM-9:35AM (Group Exercise) <i>Becki P.</i>	
Group Power Group Fitness Studio						10:30AM-11:30AM (Group Exercise) <i>Lisa P.</i>	
MixedFit Group Fitness Studio						11:45AM-12:30AM (Group Exercise) <i>Alicia</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Mind Body Dance Studio							4:00PM-4:45PM (Group Exercise) <i>Jami S.</i>



YMCA Healthy Living Center | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low-Impact Cardio Strength Community Room B					9:00AM-9:45AM (Group Exercise) <i>Cathy</i>	8:00AM-8:45AM (Group Exercise) <i>Mindy M.</i>	
Chair Yoga Community Room B					10:00AM-10:45AM (Group Exercise) <i>Peg P.</i>		
SilverSneakers Classic Community Room B					11:00AM-11:45PM (Group Exercise) <i>Peg P.</i>		
Aqua Interval Pool						8:00AM-8:45AM (Group Exercise) <i>Debbie G.</i>	