



Armbrust YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Studio B (Cycling)				5:15AM-6:00AM (Group Exercise) <i>Lisa L.</i> 9:00AM-9:45AM (Group Exercise) <i>Missy</i> 6:00PM-6:45PM (Group Exercise) <i>Dorine</i>		10:00AM-10:45AM (Group Exercise) <i>Monica W.</i>	10:00AM-11:00AM (Group Exercise) <i>Bill Z.</i>
Group Fight Studio A				5:30AM-6:30AM (Cardio) <i>Erica B.</i> 9:00AM-10:00AM (Cardio) <i>Anna S.</i>		9:00AM-10:00AM (Cardio) <i>Anna S.</i>	6:00PM-6:45PM (Cardio) <i>Brittany R.</i>
Aqua Boot Camp Pool				9:00AM-10:00AM (Group Exercise) <i>Brittany R.</i>			
BODYPUMP Gymnasium				9:00AM-10:00AM (Strength) <i>Jennifer M.</i>			
SilverSneakers Classic Gymnasium				10:30AM-11:15AM (Group Exercise) <i>Heather R.</i>			
Yoga Community Room A				10:30AM-11:30AM (Mind Body) <i>Brobst R.</i>	10:30AM-11:30AM (Mind Body) <i>Katie S.</i>	8:15AM-9:00AM (Mind Body) <i>Lisa R.</i> 9:15AM-10:00AM (Mind Body) <i>Lisa R.</i>	8:15AM-9:15AM (Mind Body) <i>Jami S.</i>
Tai Chi Studio A				11:30AM-12:15PM (Group Exercise) <i>Heather R.</i>			
BODYPUMP Studio A				4:30PM-5:30PM (Strength) <i>Erin S.</i>		7:45AM-8:45AM (Strength) <i>Sara E.</i>	3:45PM-4:45PM (Strength) <i>Erica B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cardio Strength Studio A				5:45PM-6:30PM (Group Exercise) <i>Hannah S.</i>			
Group Active Studio A				6:45PM-7:45PM (Group Exercise) <i>Lauren W.</i>			
Aqua Interval Pool				7:00PM-7:50PM (Group Exercise) <i>Sarah K.</i>	9:00AM-10:00AM (Group Exercise) <i>Heather</i>		
Total Body Conditioning (TBC) Gymnasium					5:30AM-6:15AM (Group Exercise) <i>Jenny K.</i> 9:00AM-10:00AM (Group Exercise) <i>Anna S.</i>	7:30AM-8:15AM (Group Exercise) <i>Dorine</i>	9:15AM-10:15AM (Group Exercise) <i>Jenny K.</i>
Deep Water Pool					8:00AM-8:45AM (Group Exercise) <i>Heather</i>		
Low-Impact Cardio Strength Studio A					8:00AM-8:45AM (Group Exercise) <i>Jennifer P.</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>		
MixedFit Studio A					4:30PM-5:15PM (Group Exercise) <i>Stephanie L.</i>		
Aqua Zumba						8:00AM-8:45AM (Group Exercise) <i>Marilyn M.</i>	



Mills County YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio				5:15AM-6:00AM (Group Exercise) <i>Michelle P.</i>			
Low-Impact Cardio Strength Aerobic Studio				9:45AM-10:30AM (Group Exercise) <i>Diana B.</i>			
Yoga Aerobic Studio				5:15PM-6:00PM (Mind Body) <i>Diana B.</i>			
Aquacise Pool				6:15PM-7:00PM (Group Exercise) <i>Annette</i>	6:00AM-6:45AM (Group Exercise) <i>Annette</i> 8:00AM-8:45AM (Group Exercise) <i>Julie S.</i>		
Barbell Pump Aerobic Studio					5:15AM-6:15AM (Group Exercise) <i>Shari G.</i>		
Barre Aerobic Studio					8:30AM-9:15AM (Group Exercise) <i>Candice</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 | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Studio A				5:15AM-6:15AM (Group Exercise) <i>Cassie G.</i>			
Aqua Interval Pool				8:00AM-8:50AM (Group Exercise) <i>Maria J.</i>	8:00AM-9:00AM (Group Exercise) <i>Katherine J.</i>	7:55AM-8:55AM (Group Exercise) <i>Maria J.</i>	
BODYCOMBAT Studio A				8:15AM-9:15AM (Group Exercise) <i>Amy K.</i>	5:15AM-6:15AM (Group Exercise) <i>Katie W.</i> 4:30PM-5:30PM (Group Exercise) <i>Linsey G.</i>		10:00AM-11:00AM (Group Exercise) <i>Katie W.</i>
Mat Pilates Studio B				8:15AM-9:05AM (Mind Body) <i>Jacqui L.</i>			
Aquacise Pool				9:00AM-9:50AM (Group Exercise) <i>Melody M.</i>			
Mobility and Flexibility Studio B				9:10AM-9:40AM (Group Exercise) <i>Kayde S.</i>			
Total Body Conditioning (TBC) Studio A				9:30AM-10:30AM (Group Exercise) <i>Meredith S.</i>			
Line Dancing Studio B				9:45AM-10:30AM (Group Exercise) <i>Emma H.</i>			
Deep Water Pool				10:00AM-10:50AM (Group Exercise) <i>Melody M.</i>			12:30PM-1:20PM (Group Exercise) <i>Robert N.</i>
Chair Yoga Studio A				10:45AM-11:45AM (Group Exercise) <i>Karen F.</i>			
Brain and Body Studio A				12:00PM-1:00PM (Active Older Adult) <i>Cheryl S.</i>			
BODYPUMP Studio A				4:30PM-5:30PM (Strength) <i>Brianna M.</i>	8:15AM-9:15AM (Strength) <i>Allyssa R.</i>	7:30AM-8:30AM (Strength) <i>Linsey G.</i>	11:10AM-12:10PM (Strength) <i>Brianna M.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DanceFit Studio A				5:35PM-6:35PM (Cardio) <i>Alycia D.</i>		9:45AM-10:45AM (Cardio) <i>Jessica G.</i>	
Cycling Studio B					6:00AM-6:45AM (Group Exercise) <i>Brandie M.</i>	7:30AM-8:15AM (Group Exercise) <i>Steve Z.</i>	8:05AM-8:50AM (Group Exercise) <i>Madison K.</i>
Barre Studio B					8:15AM-9:15AM (Group Exercise) <i>Jessica G.</i>		
Yoga Studio B					9:30AM-10:15AM (Mind Body) <i>Allyssa R.</i>		9:00AM-10:00AM (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>	



Westview YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Fitness Studio				5:15AM-6:00AM (Strength) <i>Amy R.</i>		8:00AM-9:00AM (Strength) <i>MaryBeth F.</i>	
BODYCOMBAT Group Fitness Studio				8:30AM-9:15AM (Group Exercise) <i>Ashley I.</i>			9:15AM-10:15AM (Group Exercise) <i>Jamie D.</i>
Cycling Cycling Studio				8:30AM-9:15AM (Group Exercise) <i>Kendra W.</i>	5:15AM-6:00AM (Group Exercise) <i>Chanda C.</i>		
Aquacise Pool				9:15AM-10:15AM (Group Exercise) <i>MaryLou B.</i>	9:15AM-10:15AM (Group Exercise) <i>Gretchen T.</i>		
HIGH Fitness Group Fitness Studio				9:30AM-10:15AM (Group Exercise) <i>Mariah</i>			
Yin Yoga Group Fitness Studio				10:30AM-11:30AM (Mind Body) <i>Jackie</i>			
SilverSneakers Classic Gym				10:45AM-11:30AM (Group Exercise) <i>Gretchen T.</i>			
Chair Yoga Gym				11:35AM-12:00PM (Group Exercise) <i>Gretchen T.</i>			
Total Body Conditioning (TBC) Group Fitness Studio				12:15PM-1:15PM (Group Exercise) <i>Jim B.</i>	5:15AM-6:00AM (Group Exercise) <i>Kimberly N.</i>		
Zumba Group Fitness Studio				5:45PM-6:30PM (Group Exercise) <i>Jenee G.</i>			
Mat Pilates Cycling Studio				6:00PM-6:45PM (Mind Body) <i>Nicole</i>			
Low-Impact Cardio Strength Group Fitness Studio				6:45PM-7:45PM (Group Exercise) <i>Sue D.</i>	11:30AM-12:15PM (Group Exercise) <i>Keith H.</i>		
Core and More Group Fitness Studio					8:30AM-9:15AM (Group Exercise) <i>Heather M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Stretch Group Fitness Studio					9:30AM-10:15AM (Active Older Adult) <i>MaryLou B.</i>		
Yoga Group Fitness Studio					10:30AM-11:15AM (Mind Body) <i>Jackie</i>		10:30AM-11:15AM (Mind Body) <i>Margaret K.</i>
MixedFit Group Fitness Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah H.</i>	
HIIT Cardio Strength Group Fitness Studio						10:30AM-11:15AM (Group Exercise) <i>Ashley I.</i>	
Line Dancing Group Fitness Studio							5:30PM-6:30PM (Group Exercise) <i>Sue D.</i>



Gretna Crossing YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Studio A				5:15AM-6:15AM (Group Exercise) <i>Katie W.</i>			3:00PM-4:00PM (Group Exercise) <i>Andrea L.</i>
Cycling Cycling				6:00AM-6:45AM (Group Exercise) <i>Leigh</i> 9:00AM-9:45AM (Group Exercise) <i>Sophie H.</i>		7:30AM-8:15AM (Group Exercise) <i>Leigh</i>	4:00PM-4:45PM (Group Exercise) <i>Ashley S.</i>
Total Toning Studio B				8:30AM-9:15AM (Group Exercise) <i>Heidi H.</i>			
HIIT Cardio Strength Studio A				9:00AM-9:45AM (Group Exercise) <i>Megan H.</i>		9:00AM-9:45AM (Group Exercise) <i>Katie B.</i>	
LES MILLS CORE Studio A				10:00AM-10:30AM (Group Exercise) <i>Natalie F.</i>	10:00AM-10:30AM (Group Exercise) <i>Sophie H.</i>		
SilverSneakers Circuit Studio A				10:45AM-11:30AM (Group Exercise) <i>Heidi H.</i>			
Zumba Studio A				11:40AM-12:25PM (Group Exercise) <i>Natalie F.</i>			
BODYPUMP Studio B				12:00PM-12:45PM (Strength) <i>Chanda C.</i>			
BODYPUMP Studio A				4:45PM-5:45PM (Strength) <i>Linsey G.</i>		8:00AM-8:45AM (Strength) <i>Katie W.</i>	
DanceFit Studio A				6:00PM-7:00PM (Cardio) <i>Stephanie L.</i>		10:00AM-11:00AM (Cardio) <i>Yvette</i>	
Total Body Conditioning (TBC) Studio A					5:15AM-6:00AM (Group Exercise) <i>Katie B.</i> 9:00AM-9:45AM (Group Exercise) <i>Sophie H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
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>		
Yoga Studio B						8:30AM-9:30AM (Mind Body) <i>Jessica T.</i>	
LES MILLS CORE Studio B						10:00AM-10:30AM (Group Exercise) <i>Kylie K.</i>	
Restorative Yoga Studio B							4:50PM-5:50PM (Group Exercise) <i>Abigail</i>



Charles E Lakin YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power High Impact Studio				5:30AM-6:15AM (Group Exercise) <i>Vivian S.</i> 10:00AM-11:00AM (Group Exercise) <i>Christina Z.</i>		8:05AM-8:50AM (Group Exercise) <i>Vivian S.</i>	
Cycle and Strength Cycling Studio				6:15AM-7:00AM (Combo) <i>Dwayne R.</i>			
Aquacise Pool				8:00AM-8:45AM (Group Exercise) <i>Kathie D.</i>	8:00AM-8:45AM (Group Exercise) <i>Hiroko D.</i>		
SilverSneakers Circuit Gymnasium				10:45AM-11:30AM (Group Exercise) <i>Jackie R.</i>			
Core and More High Impact Studio				11:45AM-12:15PM (Group Exercise) <i>Kim R.</i>			
MixedFit High Impact Studio				6:40PM-7:40PM (Group Exercise) <i>Melissa P.</i>		9:00AM-9:45AM (Group Exercise) <i>Shona J.</i>	
Yoga Mind & Body Studio				7:00PM-7:45PM (Mind Body) <i>Jessica D.</i>	8:30AM-9:30AM (Mind Body) <i>Katie S.</i> 9:45AM-10:45AM (Mind Body) <i>Katie S.</i> 12:00PM-1:00PM (Mind Body) <i>Katie S.</i>		
Total Body Conditioning (TBC) Gymnasium					6:15AM-7:00AM (Group Exercise) <i>Dwayne R.</i>		
HIGH Fitness High Impact Studio					9:30AM-10:15AM (Group Exercise) <i>Ryann E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio					9:45AM-10:15AM (Group Exercise) <i>Kim R.</i>	9:30AM-10:15AM (Group Exercise) <i>Jim B.</i>	
Low-Impact Cardio Strength Gymnasium					10:30AM-11:15AM (Group Exercise) <i>Kim R.</i>		
Circuit High Impact Studio					12:00PM-12:45PM (Group Exercise) <i>Kelly J.</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>	
Total Body Conditioning (TBC) High Impact Studio							12:00PM-1:00PM (Group Exercise) <i>Krista H.</i>



Maple Street YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio				5:30AM-6:15AM (Group Exercise) <i>Janet G.</i> 10:15AM-11:00AM (Group Exercise) <i>Molly K.</i>		9:30AM-10:15AM (Group Exercise) <i>Sarah</i>	
BODYPUMP Studio B				9:00AM-10:00AM (Strength) <i>Becki P.</i> 6:30PM-7:30PM (Strength) <i>Janet G.</i>	5:30AM-6:15AM (Strength) <i>Becki P.</i>	10:30AM-11:30AM (Strength) <i>Becki P.</i>	
Chair Yoga Gymnasium				9:15AM-10:00AM (Group Exercise) <i>Molly K.</i>			
Aqua Zumba Pool				10:00AM-10:45AM (Group Exercise) <i>Hiroko D.</i>	10:00AM-10:45AM (Group Exercise) <i>Hiroko D.</i>		
AOA Circuit Gymnasium				10:15AM-11:00AM (Group Exercise) <i>Sherri M.</i>			
Yoga Studio B				10:30AM-11:30AM (Mind Body) <i>Becki P.</i>			
Brain and Body Studio B				1:00PM-2:00PM (Active Older Adult) <i>Susie</i>			
Urban Line Dancing Studio A				5:30PM-6:30PM (Group Exercise) <i>Nickcol T.</i>			
Step Studio B					8:30AM-9:30AM (Group Exercise) <i>Sherri M.</i>		
Chair One Fitness Gymnasium					9:00AM-9:45AM (Active Older Adult) <i>Becki P.</i>		
Group Active Studio B					10:00AM-11:00AM (Group Exercise) <i>Becki P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight Studio B					6:00PM-7:00PM (Cardio) <i>Becki P.</i>		
HIIT Cardio Strength Studio B						7:30AM-8:15AM (Group Exercise) <i>Kirsten H.</i>	
Total Body Conditioning (TBC) Studio B						8:30AM-9:15AM (Group Exercise) <i>Mike</i>	
DanceFit Studio B							12:00PM-1:00PM (Cardio) <i>Maria F.</i>



Twin Rivers YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning (TBC) Group Fitness Studio				5:30AM-6:15AM (Group Exercise) <i>Mikaela B.</i>			
BODYPUMP Group Fitness Studio				8:15AM-9:15AM (Strength) <i>Kris B.</i> 5:45PM-6:30PM (Strength) <i>Kelsey S.</i>		8:00AM-9:00AM (Strength) <i>Jennifer P.</i>	
Aquacise Pool				9:15AM-10:15AM (Group Exercise) <i>Becky C.</i>			
Line Dancing Group Fitness Studio				9:45AM-10:30AM (Group Exercise) <i>Kelsey S.</i>			
Deep Water Pool				10:15AM-11:00AM (Group Exercise) <i>Becky C.</i>			
SilverSneakers Classic Group Fitness Studio				10:45AM-11:30AM (Group Exercise) <i>Kelsey S.</i>			
Group Fight Group Fitness Studio					8:30AM-9:30AM (Cardio) <i>Kris T.</i>		
Yoga Group Fitness Studio					9:30AM-10:30AM (Mind Body)		
SilverSneakers Circuit 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>



Blair Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing (Blair YMCA) Aerobic Studio				5:30AM-6:30AM (Group Exercise) <i>Kevin R.</i>			
Mobility and Flexibility Aerobic Studio				8:30AM-9:30AM (Group Exercise) <i>Julie Y.</i>			
Aquacise Pool				9:00AM-10:00AM (Group Exercise)	9:00AM-10:00AM (Group Exercise)		
Step Aerobic Studio				9:30AM-10:30AM (Group Exercise) <i>Sandy C.</i>			
Low-Impact Cardio Strength Aerobic Studio				5:00PM-5:45PM (Group Exercise) <i>Lori B.</i>	9:30AM-10:15AM (Group Exercise) <i>Sandy C.</i>	9:00AM-10:00AM (Group Exercise)	
Barbell Pump Aerobic Studio					5:30AM-6:30AM (Group Exercise) <i>Deb</i>		
Classic Fitness (Blair YMCA Only) Conference Room					9:00AM-9:45AM (Group Exercise)		



Southwest YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low-Impact Cardio Strength Group Fitness Studio				8:15AM-9:00AM (Group Exercise) <i>Jackie W.</i>			
Aquacise Pool				9:00AM-9:45AM (Group Exercise) <i>Rylie M.</i> 5:30PM-6:15PM (Group Exercise) <i>Susan W.</i>			
Step Group Fitness Studio				9:05AM-10:05AM (Group Exercise) <i>Jackie W.</i>			
Zumba Gold Group Fitness Studio				10:15AM-11:00AM (Group Exercise) <i>Jacqueline G.</i>			
Group Centergy Mind Body Dance Studio				10:15AM-11:00AM (Mind Body) <i>Jennifer M.</i>			
Group Power Group Fitness Studio				11:45AM-12:30PM (Group Exercise) <i>Sondra G.</i>		10:30AM-11:30AM (Group Exercise) <i>Lisa P.</i>	
R30 Group Fitness Studio				5:00PM-5:30PM (Group Exercise) <i>Holly</i>			
Mat Pilates Group Fitness Studio				5:30PM-6:15PM (Mind Body) <i>Holly</i>			
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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Mind Body Dance Studio					10:15AM-11:00AM (Group Exercise) <i>Jacqueline G.</i>		
Zumba Group Fitness Studio					10:30AM-11:30AM (Group Exercise) <i>Alicia</i>		
HIIT Cardio Strength Group Fitness Studio					11:45AM-12:30PM (Group Exercise) <i>Hannah K.</i>		
Aqua Boot Camp Pool						8:00AM-8:45AM (Group Exercise) <i>MaryLou B.</i>	
Mat Pilates Mind Body Dance Studio						8:00AM-8:45AM (Mind Body) <i>Holly</i>	
Group Core® Group Fitness Studio						9:05AM-9:35AM (Group Exercise) <i>Becki P.</i>	
Group Fight Group Fitness Studio						9:45AM-10:15AM (Cardio) <i>Lisa P.</i>	
HIIT Cardio Strength Community Studio						10:00AM-10:45AM (Group Exercise) <i>Tommy N.</i>	
MixedFit Group Fitness Studio						11:45AM-12:30AM (Group Exercise) <i>Alicia</i>	



YMCA Healthy Living Center | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Better Balance Community Room B				9:00AM-9:45AM (Group Exercise) <i>Lois N.</i>			
HLC Aquatics Arthritis Pool				9:00AM-9:45AM (Aqua) <i>Lauri D.</i> 10:00AM-10:45AM (Aqua) <i>Lauri D.</i>			
HLC Get Up & Go				9:00AM-9:45AM (Active Older Adult) <i>Lawana S.</i>			
Brain and Body Community Room B				10:00AM-10:45AM (Active Older Adult) <i>Bob F.</i>			
Chair Yoga Community Room B				10:00AM-10:45AM (Group Exercise) <i>Peg P.</i>	10:00AM-10:45AM (Group Exercise) <i>Peg P.</i>		
Mat Pilates Community Room A				10:00AM-10:45AM (Mind Body) <i>Lawana S.</i>			
HLC Cardio Drumming Community Room A				11:00AM-11:45PM (Cardio) <i>Peg P.</i>			
Step Interval Community Room B				5:00PM-6:00PM (Group Exercise) <i>Mindy M.</i>			
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>	
DanceFit Community Room B					11:00AM-11:45AM (Cardio) <i>Peg P.</i>		
Aqua Interval Pool						9:00AM-9:45AM (Group Exercise) <i>Debbie G.</i>	



Downtown YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Group Exercise Studio				9:30AM-10:30AM (Group Exercise) <i>Debra</i>			
Total Body Conditioning (TBC) Group Exercise Studio				12:00PM-12:50PM (Group Exercise) <i>Emily S.</i> 5:30PM-6:30PM (Group Exercise) <i>Dan K.</i>	6:00AM-7:00AM (Group Exercise) <i>Dan K.</i>		
Capoeira Cycling Studio				6:00PM-7:00PM (Group Exercise) <i>Tommy D.</i>			
Cycling Cycling Studio					5:30AM-6:15AM (Group Exercise) <i>David H.</i> 12:00PM-1:00PM (Group Exercise) <i>Bill Z.</i>		
Yoga Mind Body Studio					6:00AM-7:00AM (Mind Body) <i>Sherrie M.</i>	7:00AM-8:00AM (Mind Body) <i>Sherrie M.</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>	
DanceFit Group Exercise Studio						9:30AM-10:30AM (Cardio) <i>Marcey G.</i>	
Mobility and Flexibility Mind Body Studio						9:45AM-10:30AM (Group Exercise) <i>Dan K.</i>	