



## Mills County YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycling Studio				5:15AM-6:00AM (Group Exercise) <i>Michelle P.</i>	8:30AM-9:15AM (Group Exercise) <i>Alexis U.</i>		
<b>Low-Impact Cardio Strength</b> Aerobic Studio				9:45AM-10:30AM (Group Exercise) <i>Diana B.</i>			
<b>Yoga</b> Aerobic Studio				5:15PM-6:00PM (Mind Body) <i>Diana B.</i>			
<b>Aqua Interval</b> Pool				6:15PM-7:15PM (Group Exercise) <i>Sharon</i>	8:00AM-8:45AM (Group Exercise) <i>Sharon</i>		
<b>Barbell Pump</b> Aerobic Studio					5:15AM-6:15AM (Group Exercise) <i>Shari G.</i>		
<b>Aquacise</b> Pool					6:00AM-6:45AM (Group Exercise) <i>Annette</i>		
<b>SilverSneakers Classic</b> Aerobic Studio					10:00AM-10:45AM (Group Exercise) <i>Anne R.</i>		
<b>Group Power</b> Aerobic Studio						8:00AM-9:00AM (Group Exercise) <i>Christina Z.</i>	



## Sarpy YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Circuit</b> Studio A				5:15AM-6:15AM (Group Exercise) <i>Cassie G.</i>			
<b>Aqua Interval</b> Pool				8:00AM-8:50AM (Group Exercise) <i>Tammy R.</i>	8:15AM-9:15AM (Group Exercise) <i>Katherine J.</i>	7:55AM-8:55AM (Group Exercise) <i>Maria J.</i>	
<b>BODYCOMBAT</b> Studio A				8:15AM-9:15AM (Group Exercise) <i>Jacqueline G.</i>	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>
<b>Mat Pilates</b> Studio B				8:30AM-9:20AM (Mind Body) <i>Jacqui L.</i>			
<b>Aquacise</b> Pool				9:00AM-9:50AM (Group Exercise) <i>"Mo" E.</i>			
<b>Total Body Conditioning (TBC)</b> Studio A				9:30AM-10:30AM (Group Exercise) <i>Meredith S.</i>			
<b>Line Dancing</b> Studio B				9:45AM-10:30AM (Group Exercise) <i>Tammy R.</i>			
<b>Chair Yoga</b> Studio A				10:45AM-11:45AM (Group Exercise) <i>Tammy R.</i>			
<b>Brain and Body (formerly known as Delay The Deseas)</b> Studio A				12:00PM-1:00PM (Active Older Adult)			
<b>BODYPUMP</b> 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>Brandie M.</i>	11:10AM-12:10PM (Strength) <i>Brianna M.</i>
<b>HIIT Cardio</b> Studio B				4:30PM-5:00PM (Group Exercise) <i>Ariel T.</i>		8:45AM-9:15AM (Group Exercise) <i>Brianna M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch</b> Studio B				5:05PM-5:50PM (Active Older Adult) <i>Ariel T.</i>		9:20AM-10:05AM (Active Older Adult) <i>Brianna M.</i>	
<b>DanceFit</b> Studio A				5:35PM-6:35PM (Cardio) <i>Annette R.</i>		9:40AM-10:40AM (Cardio) <i>Jessica G.</i>	
<b>Cycling</b> Studio B					6:00AM-6:45AM (Group Exercise) <i>Brandie M.</i>	7:30AM-8:15AM (Group Exercise) <i>Allyssa R.</i>	
<b>Barre</b> Studio B					8:15AM-9:15AM (Group Exercise) <i>Jessica G.</i>		
<b>Yoga</b> Studio B					9:30AM-10:15AM (Mind Body) <i>Allyssa R.</i>		8:15AM-9:15AM (Mind Body) <i>Madison K.</i>
<b>SilverSneakers Circuit</b> Studio A					10:20AM-11:05AM (Group Exercise) <i>Maria J.</i>		
<b>DanceFit</b> Studio B					10:40AM-11:30AM (Cardio) <i>Margaret T.</i>		
<b>SilverSneakers Classic</b> Studio A					11:15AM-12:00PM (Group Exercise) <i>Karen F.</i>		
<b>Mat Pilates</b> Studio A						8:45AM-9:35AM (Mind Body) <i>Brandie M.</i>	
<b>Deep Water</b> Pool							12:30PM-1:20PM (Group Exercise) <i>Robert N.</i>



## Westview YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Group Fitness Studio				5:15AM-6:00AM (Strength) <i>Amy R.</i>  12:15PM-1:00PM (Strength) <i>Jacqueline G.</i>		8:00AM-9:00AM (Strength) <i>Lesley L.</i>	
<b>HIIT Cardio Strength</b> Group Fitness Studio				8:30AM-9:15AM (Group Exercise) <i>Nicole</i>			
<b>Aquacise</b> Pool				9:15AM-10:15AM (Group Exercise) <i>Patti V.</i>	9:15AM-10:15AM (Group Exercise) <i>Gretchen T.</i>	7:15AM-8:00AM (Group Exercise) <i>Hiroko D.</i>	
<b>Yoga</b> Group Fitness Studio				9:30AM-10:15AM (Mind Body) <i>Kali H.</i>		10:30AM-11:15AM (Mind Body) <i>Haily E.</i>	10:30AM-11:15AM (Mind Body) <i>Kristina H.</i>
<b>Zumba Gold</b> Group Fitness Studio				10:30AM-11:15AM (Group Exercise) <i>Jacqueline G.</i>			
<b>SilverSneakers Classic</b> Group Fitness Studio				10:45AM-11:30AM (Group Exercise) <i>Patti V.</i>			
<b>Chair Yoga</b> Group Fitness Studio				11:35AM-12:00PM (Group Exercise) <i>Jacqueline G.</i>			
<b>Zumba</b> Group Fitness Studio				5:45PM-6:30PM (Group Exercise) <i>Jenee G.</i>		11:30AM-12:15PM (Group Exercise) <i>Jenee G.</i>	
<b>Yin Yoga</b> Group Fitness Studio				6:45PM-7:45PM (Mind Body) <i>Haily E.</i>			
<b>Cycling</b> Cycling Studio					5:15AM-6:00AM (Group Exercise) <i>Chanda C.</i>		
<b>Total Body Conditioning (TBC)</b> Group Fitness Studio					5:15AM-6:00AM (Group Exercise) <i>Kimberly N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch</b> 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>		
<b>BODYCOMBAT</b> Group Fitness Studio					9:30AM-10:30AM (Group Exercise) <i>Lesley L.</i>		9:15AM-10:15AM (Group Exercise) <i>Jamie D.</i>
<b>SilverSneakers Circuit</b> Group Fitness Studio					10:45AM-11:30AM (Group Exercise) <i>Jacqueline G.</i>		
<b>Barre</b> Group Fitness Studio					12:15PM-1:00PM (Group Exercise) <i>Jacqueline G.</i>		
<b>MixedFit</b> Group Fitness Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah K.</i>	
<b>Line Dancing</b> Group Fitness Studio							5:30PM-6:30PM (Group Exercise) <i>Sue D.</i>



## Gretna Crossing YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Studio A				5:15AM-6:15AM (Strength) <i>Katie W.</i>  4:45PM-5:45PM (Strength) <i>Linsey G.</i>		8:00AM-8:45AM (Strength) <i>Katie B.</i>	
<b>Cycling</b> 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>
<b>Yoga</b> Studio B				8:00AM-9:00AM (Mind Body) <i>Brobst R.</i>			
<b>Strength &amp; Stretch</b> Studio A				9:00AM-9:50AM (Active Older Adult) <i>Chelsea</i>			
<b>LES MILLS CORE</b> Studio A				10:00AM-10:30AM (Group Exercise) <i>Chelsea</i>	10:00AM-10:30AM (Group Exercise) <i>Sophie H.</i>		
<b>SilverSneakers Circuit</b> Studio A				10:45AM-11:30AM (Group Exercise) <i>Joanna S.</i>			
<b>Zumba Gold</b> Studio A				11:40AM-12:10PM (Group Exercise) <i>Joanna S.</i>			
<b>DanceFit</b> Studio A				6:00PM-7:00PM (Cardio) <i>Tianna K.</i>		10:00AM-11:00AM (Cardio) <i>Yvette</i>	
<b>Circuit</b> Studio A					5:15AM-6:00AM (Group Exercise) <i>Katie B.</i>		
<b>Aquacise</b> Pool					8:00AM-8:45AM (Group Exercise) <i>Becky C.</i>		
<b>Aqua Interval</b> Pool					9:00AM-9:45AM (Group Exercise) <i>Becky C.</i>	8:30AM-9:15AM (Group Exercise) <i>Lynn R.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Conditioning (TBC)</b> Studio A					9:00AM-9:45AM (Group Exercise) <i>Sophie H.</i>		
<b>Barre</b> Studio B					10:15AM-11:00AM (Group Exercise) <i>Kelly K.</i>		
<b>SilverSneakers Classic</b> Studio A					10:45AM-11:30AM (Group Exercise) <i>Kitt</i>		
<b>HIIT Cardio Strength</b> Studio A						9:00AM-9:45AM (Group Exercise) <i>Katie B.</i>	
<b>Restorative Yoga</b> Studio B							4:30PM-5:30PM (Group Exercise) <i>Abigail</i>



## Armbrust YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Studio B (Cycling)				5:30AM-6:15AM (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>Dorine</i>	10:00AM-11:00AM (Group Exercise) <i>Bill Z.</i>
<b>Group Fight</b> 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>Heather R.</i>
<b>Deep Water</b> Pool				8:00AM-8:45AM (Group Exercise) <i>Brittany R.</i>			
<b>Aquacise</b> Pool				9:00AM-10:00AM (Group Exercise) <i>Brittany R.</i>			
<b>BODYPUMP</b> Gymnasium				9:00AM-9:45AM (Strength) <i>Jennifer M.</i>			
<b>Yoga</b> Studio A				10:15AM-11:00AM (Mind Body) <i>Katie S.</i>  7:00PM-8:00PM (Mind Body) <i>Carly P.</i>	10:30AM-11:30AM (Mind Body) <i>Katie S.</i>		
<b>SilverSneakers Classic</b> Gymnasium				10:30AM-11:15AM (Group Exercise) <i>Heather R.</i>			
<b>Tai Chi</b> Studio A				11:30AM-12:15PM (Group Exercise) <i>Heather R.</i>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> Studio A				4:45PM-5:30PM (Group Exercise) <i>Heather</i>	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>
<b>HIIT Cardio Strength</b> Studio A				5:45PM-6:30PM (Group Exercise) <i>Hannah S.</i>			
<b>BODYPUMP</b> Studio A				6:45PM-7:45PM (Strength) <i>Erin S.</i>	5:30AM-6:30AM (Strength) <i>Lisa L.</i>	7:45AM-8:45AM (Strength) <i>Sara E.</i>	3:45PM-4:45PM (Strength) <i>Erica B.</i>
<b>Aqua Interval</b> Pool				7:00PM-7:50PM (Group Exercise) <i>Sarah K.</i>	9:00AM-10:00AM (Group Exercise) <i>Heather</i>		
<b>Total Body Conditioning (TBC)</b> 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>Sam H.</i>
<b>Low-Impact Cardio Strength</b> Studio A					8:00AM-8:45AM (Group Exercise) <i>Jennifer P.</i>		
<b>Chair Yoga</b> Gymnasium					10:30AM-11:15AM (Group Exercise) <i>Heather R.</i>		
<b>Aqua Zumba</b>						8:00AM-8:45AM (Group Exercise) <i>Takako M.</i>	
<b>Yoga</b> Community Room B						8:15AM-9:00AM (Mind Body) <i>Lisa R.</i>	
<b>Yoga</b> Community Room A						9:15AM-10:00AM (Mind Body) <i>Lisa R.</i>	8:15AM-9:15AM (Mind Body) <i>Jami S.</i>



## Charles E Lakin YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> 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>	
<b>Aquacise</b> Pool				8:00AM-8:45AM (Group Exercise) <i>Hiroko D.</i>	8:00AM-8:45AM (Group Exercise) <i>Hiroko D.</i>		
<b>Group Fight</b> High Impact Studio				8:45AM-9:45AM (Cardio) <i>Christina Z.</i>		7:00AM-8:00AM (Cardio) <i>Vivian S.</i>	
<b>SilverSneakers Circuit</b> Gymnasium				10:45AM-11:30AM (Group Exercise) <i>Jackie R.</i>			
<b>Core and More</b> High Impact Studio				11:45AM-12:15PM (Group Exercise) <i>Kim R.</i>			
<b>MixedFit</b> High Impact Studio				6:40PM-7:40PM (Group Exercise) <i>Shona J.</i>		9:00AM-9:45AM (Group Exercise) <i>Shona J.</i>	
<b>HIIT Cardio Strength</b> High Impact Studio					5:30AM-6:15AM (Group Exercise) <i>Andrew M.</i>		
<b>HIGH Fitness</b> High Impact Studio					8:30AM-9:30AM (Group Exercise) <i>Ryann E.</i>		
<b>Yoga</b> Mind & Body Studio					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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycling Studio					9:45AM-10:15AM (Group Exercise) <i>Kim R.</i>	9:30AM-10:15AM (Group Exercise) <i>Jim B.</i>	
<b>Low-Impact Cardio Strength</b> Gymnasium					10:30AM-11:15AM (Group Exercise) <i>Kim R.</i>		
<b>Step</b> High Impact Studio					5:15PM-6:00PM (Group Exercise) <i>Jackie R.</i>		
<b>Total Body Conditioning (TBC)</b> High Impact Studio							12:00PM-1:00PM (Group Exercise) <i>Krista H.</i>



## Maple Street YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycling Studio				5:30AM-6:15AM (Group Exercise) <i>Janet G.</i>  10:15AM-11:00AM (Group Exercise) <i>Molly K.</i>  5:30PM-6:15PM (Group Exercise) <i>Kimmy R.</i>		9:30AM-10:15AM (Group Exercise) <i>Sarah</i>	
<b>BODYPUMP</b> 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>
<b>HIIT Cardio Strength</b> Studio A				9:00AM-9:45AM (Group Exercise) <i>Emmy S.</i>			
<b>Chair Yoga</b> Gymnasium				9:15AM-10:00AM (Group Exercise) <i>Molly K.</i>	9:00AM-9:45AM (Group Exercise) <i>McCall K.</i>		
<b>SilverSneakers Circuit</b> Gymnasium				10:15AM-11:00AM (Group Exercise) <i>Becki P.</i>			
<b>Yoga</b> Studio B				10:30AM-11:30AM (Mind Body) <i>Linda C.</i>			
<b>Brain and Body (formerly known as Delay The Diseases)</b> Studio B				1:00PM-2:00PM (Active Older Adult) <i>Theresa B.</i>			
<b>DanceFit</b> Studio B				5:15PM-6:15PM (Cardio) <i>Maria F.</i>			12:00PM-1:00PM (Cardio) <i>Maria F.</i>
<b>Step</b> Studio B					8:30AM-9:30AM (Group Exercise) <i>Sherri M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Interval</b> Pool					10:00AM-10:45AM (Group Exercise) <i>Hiroko D.</i>		
<b>Group Active</b> Studio B					10:00AM-11:00AM (Group Exercise) <i>Becki P.</i>		
<b>Yoga</b> Studio A					10:30AM-11:30AM (Mind Body) <i>McCall K.</i>		
<b>Group Fight</b> Studio B					6:00PM-7:00PM (Cardio) <i>Samantha H.</i>		
<b>HIIT Cardio Strength</b> Studio B						7:30AM-8:15AM (Group Exercise) <i>Kirsten H.</i>	



## Twin Rivers YMCA | June 23rd - June 29th

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



## Downtown YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Group Exercise Studio				6:00AM-7:00AM (Strength) <i>Kirsten H.</i>	12:00PM-12:45PM (Strength) <i>Lisa L.</i>		
<b>SilverSneakers Classic</b> Group Exercise Studio				9:30AM-10:30AM (Group Exercise) <i>Debra</i>			
<b>Total Body Conditioning (TBC)</b> Group Exercise Studio				12:00PM-1:00PM (Group Exercise) <i>Jim B.</i>  5:30PM-6:30PM (Group Exercise) <i>Dan K.</i>	6:00AM-7:00AM (Group Exercise) <i>Dan K.</i>		
<b>Cycling</b> Cycling Studio				5:15PM-6:00PM (Group Exercise) <i>Jim B.</i>	5:30AM-6:15AM (Group Exercise) <i>David H.</i>  12:00PM-1:00PM (Group Exercise) <i>Bill Z.</i>		
<b>Capoeira</b> Cycling Studio				6:00PM-7:00PM (Group Exercise) <i>Tommy D.</i>			
<b>Yoga</b> Mind Body Studio					6:00AM-7:00AM (Mind Body) <i>McCall K.</i>	7:00AM-8:00AM (Mind Body) <i>Sherrie M.</i>	
<b>Urban Line Dancing</b> Group Exercise Studio					6:00PM-7:30PM (Group Exercise) <i>Nickcol T.</i>		
<b>HIIT Cardio Strength</b> Group Exercise Studio						8:15AM-9:15AM (Group Exercise) <i>Andrea</i>	
<b>Core and More</b> Cycling Studio						9:00AM-9:40AM (Group Exercise) <i>Dan K.</i>	
<b>Mobility and Flexibility</b> Mind Body Studio						9:45AM-10:30AM (Group Exercise) <i>Dan K.</i>	



## Southwest YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> Group Fitness Studio				7:00AM-7:45AM (Group Exercise) <i>Grace E.</i>	10:30AM-11:30AM (Group Exercise) <i>Alicia</i>		
<b>Low-Impact Cardio Strength</b> Group Fitness Studio				8:15AM-9:00AM (Group Exercise) <i>Jackie W.</i>			
<b>Aquacise</b> Pool				9:00AM-9:45AM (Group Exercise) <i>Rylie M.</i>  5:30PM-6:15PM (Group Exercise) <i>Kim</i>		9:00AM-9:45AM (Group Exercise) <i>Legna C.</i>	
<b>Step</b> Group Fitness Studio				9:05AM-10:05AM (Group Exercise) <i>Jackie W.</i>			
<b>Group Centergy</b> Mind Body Dance Studio				10:15AM-11:00AM (Mind Body) <i>Lisa P.</i>			
<b>Chair Yoga</b> Group Fitness Studio				10:30AM-11:00AM (Group Exercise) <i>Jami S.</i>			
<b>Group Power</b> Group Fitness Studio				11:45AM-12:30PM (Group Exercise) <i>Sondra G.</i>		10:30AM-11:30AM (Group Exercise) <i>Lisa P.</i>	
<b>R30</b> Group Fitness Studio				5:00PM-5:30PM (Group Exercise) <i>Holly</i>			
<b>Mat Pilates</b> Mind Body Dance Studio				5:30PM-6:15PM (Mind Body) <i>Holly</i>			
<b>SilverSneakers Classic</b> Big Gym					8:15AM-9:00AM (Group Exercise) <i>Jackie W.</i>  9:15AM-10:00AM (Group Exercise) <i>Alicia</i>		
<b>Aquacise</b>					9:00AM-9:45AM (Group Exercise) <i>Susan W.</i>		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> Group Fitness Studio					9:00AM-10:00AM (Group Exercise) <i>Erin S.</i>	8:00AM-9:00AM (Group Exercise) <i>Becki P.</i>	
<b>Group Fight</b> Group Fitness Studio					10:00AM-10:30AM (Cardio) <i>Lisa P.</i>	9:45AM-10:15AM (Cardio) <i>Lisa P.</i>	
<b>Group Centergy</b> Group Fitness Studio					11:45AM-12:30PM (Mind Body) <i>Jennifer M.</i>		
<b>Aqua Boot Camp</b> Pool						8:00AM-8:45AM (Group Exercise) <i>Mary U.</i>	
<b>Mat Pilates</b> Group Fitness Studio						8:00AM-8:45AM (Mind Body) <i>Holly</i>	
<b>Group Core®</b> Group Fitness Studio						9:05AM-9:35AM (Group Exercise) <i>Holly</i>	
<b>MixedFit</b> Group Fitness Studio						11:45AM-12:30AM (Group Exercise) <i>Alicia</i>	
<b>Restorative Yoga</b> Mind Body Dance Studio							4:00PM-4:45PM (Group Exercise) <i>Martina S.</i>



## YMCA Healthy Living Center | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Better Balance</b> Community Room B				9:00AM-9:45AM (Group Exercise) <i>Bob F.</i>			
<b>HLC Aquatics Arthritis</b> Pool				9:00AM-9:45AM (Aqua) <i>Lauri D.</i>  10:00AM-10:45AM (Aqua) <i>Lauri D.</i>			
<b>HLC Get Up &amp; Go</b>				9:00AM-9:45AM (Active Older Adult) <i>Lawana S.</i>			
<b>Brain and Body (formerly known as Delay The Diseases)</b> Community Room B				10:00AM-10:45AM (Active Older Adult) <i>Bob F.</i>			
<b>Chair Yoga</b> Community Room B				10:00AM-10:45AM (Group Exercise) <i>Peg P.</i>	10:00AM-10:45AM (Group Exercise) <i>Peg P.</i>		
<b>Mat Pilates</b> Community Room A				10:00AM-10:45AM (Mind Body) <i>Lawana S.</i>			
<b>HLC Cardio Drumming</b> Community Room A				11:00AM-11:45PM (Cardio) <i>Peg P.</i>			
<b>Step Interval</b> Community Room B				5:00PM-6:00PM (Group Exercise) <i>Mindy M.</i>			
<b>Low-Impact Cardio Strength</b> Community Room B					9:00AM-9:45AM (Group Exercise) <i>Cathy</i>	8:00AM-8:45AM (Group Exercise) <i>Mindy M.</i>	
<b>SilverSneakers Classic</b> Community Room B					11:00AM-11:45PM (Group Exercise) <i>Peg P.</i>		
<b>Aqua Interval</b> Pool						8:00AM-8:45AM (Group Exercise) <i>Debbie G.</i>	



Butler-Gast YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquacise</b> Pool				10:00AM-11:00AM (Group Exercise) <i>Rita A.</i>	7:00AM-8:00AM (Group Exercise) <i>Anita R.</i>  10:00AM-11:00AM (Group Exercise) <i>Connie C.</i>		
<b>Urban Line Dancing</b> Aerobic Studio				6:00PM-7:00PM (Group Exercise) <i>Nickcol T.</i>			
<b>DanceFit</b> Aerobic Studio						9:00AM-10:00AM (Cardio) <i>Marcey G.</i>	
<b>Total Toning</b> Aerobic Studio						10:00AM-10:45AM (Group Exercise) <i>Sammie M.</i>	