



Downtown YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Mind Body Studio						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>	



Charles E Lakin YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise) <i>Jim B.</i>	



Westview YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Zumba Pool						7:15AM-8:00AM (Group Exercise) <i>Hiroko D.</i>	
BODYPUMP Group Fitness Studio						8:00AM-9:00AM (Strength) <i>Ashley I.</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>	



Sarpy YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio A						7:30AM-8:30AM (Strength) <i>Linsey G.</i>	
Cycling Studio B						7:30AM-8:15AM (Group Exercise) <i>Steve Z.</i>	
Aqua Interval Pool						7:55AM-8:55AM (Group Exercise) <i>Maria J.</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>Andrea S.</i>	
Strength & Stretch Studio B						9:20AM-10:05AM (Active Older Adult) <i>Brianna M.</i>	
DanceFit Studio A						9:45AM-10:45AM (Cardio) <i>Annette R.</i>	



Gretna Crossing YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling						7:30AM-8:15AM (Group Exercise) <i>Ashley S.</i>	
BODYPUMP Studio A						8:00AM-8:45AM (Strength) <i>Katie W.</i>	
Aqua Interval Pool						8:30AM-9:15AM (Group Exercise) <i>Lynn R.</i>	
Yoga Studio B						8:30AM-9:30AM (Mind Body) <i>Jessica T.</i>	
HIIT Cardio Strength Studio A						9:00AM-9:45AM (Group Exercise) <i>Katie B.</i>	
DanceFit Studio A						10:00AM-11:00AM (Cardio) <i>Yvette</i>	



Maple Street YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah</i>	
BODYPUMP Studio B						10:30AM-11:30AM (Strength) <i>Marilee G.</i>	



Armbrust YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning (TBC) Gymnasium						7:30AM-8:15AM (Group Exercise) <i>Dorine</i>	
BODYPUMP Studio A						7:45AM-8:45AM (Strength) <i>Sara E.</i>	
Aqua Zumba						8:00AM-8:45AM (Group Exercise) <i>Takako M.</i>	
Yoga Community Room A						8:15AM-9:00AM (Mind Body) <i>Lisa R.</i> 9:15AM-10:00AM (Mind Body) <i>Lisa R.</i>	
Group Fight Studio A						9:00AM-10:00AM (Cardio) <i>Anna S.</i>	
Cycling Studio B (Cycling)						10:00AM-10:45AM (Group Exercise) <i>Monica W.</i>	
Zumba Studio A						10:15AM-11:00AM (Group Exercise) <i>Tianna H.</i>	



YMCA Healthy Living Center | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low-Impact Cardio Strength Community Room B						8:00AM-8:45AM (Group Exercise) <i>Mindy M.</i>	
Aqua Interval Pool						9:00AM-9:45AM (Group Exercise) <i>Debbie G.</i>	



Mills County YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Aerobic Studio						8:00AM-9:00AM (Group Exercise) <i>Christina Z.</i>	



Southwest YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Boot Camp Pool						8:00AM-8:45AM (Group Exercise) <i>Mary U.</i>	
Group Active Group Fitness Studio						8:00AM-9:00AM (Group Exercise) <i>Becki P.</i>	
Mat Pilates Group Fitness Studio						8:00AM-8:45AM (Mind Body) <i>Holly</i>	
Group Core® Group Fitness Studio						9:05AM-9:35AM (Group Exercise) <i>Holly</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>	
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>	



Twin Rivers YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Fitness Studio						8:00AM-9:00AM (Strength) <i>Jennifer P.</i>	
Cycling Community Cycle Center						9:15AM-10:00AM (Group Exercise) <i>Amanda C.</i>	



Blair Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low-Impact Cardio Strength Aerobic Studio						9:00AM-10:00AM (Group Exercise)	