



Downtown YMCA | August 25th - August 31st

	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)	
Core and More Cycling Studio						9:00AM-9:40AM (Group Exercise)	
DanceFit Group Exercise Studio						9:30AM-10:30AM (Cardio)	
Mobility and Flexibility Mind Body Studio						9:45AM-10:30AM (Group Exercise) <i>Dan K.</i>	



Charles E Lakin YMCA | August 25th - August 31st

	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)	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise) <i>Hayley</i>	
Total Body Conditioning (TBC) High Impact Studio							12:00PM-1:00PM (Group Exercise) <i>Krista H.</i>



Westview YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise Pool						7:15AM-8:00AM (Group Exercise)	
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)	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>



Sarpy YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio A						7:30AM-8:30AM (Strength) <i>Brandie M.</i>	11:10AM-12:10PM (Strength) <i>Brianna M.</i>
Cycling Studio B						7:30AM-8:15AM (Group Exercise) <i>Steve Z.</i>	
Aqua Interval Pool						7:55AM-8:55AM (Group Exercise) <i>Chris R.</i>	
HIIT Cardio Studio B						8:45AM-9:15AM (Group Exercise)	
Mat Pilates Studio A						8:45AM-9:35AM (Mind Body)	
Strength & Stretch Studio B						9:20AM-10:05AM (Active Older Adult)	
DanceFit Studio A						9:40AM-10:40AM (Cardio) <i>Jessica G.</i>	
Yoga Studio B							8:15AM-9:15AM (Mind Body) <i>Madison K.</i>
BODYCOMBAT Studio A							10:00AM-11:00AM (Group Exercise) <i>Linsey G.</i>
Deep Water Pool							12:30PM-1:20PM (Group Exercise) <i>Robert N.</i>



Maple Street YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cardio Strength Studio B						7:30AM-8:15AM (Group Exercise)	
Aquacise Pool						9:00AM-9:45AM (Group Exercise) <i>Legna C.</i>	
Total Body Conditioning (TBC) Studio B						9:00AM-9:45AM (Group Exercise)	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise)	
BODYPUMP Studio B						10:30AM-11:30AM (Strength) <i>Becki P.</i>	
DanceFit Studio B							12:00PM-1:00PM (Cardio) <i>Maria F.</i>



Gretna Crossing YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling						7:30AM-8:15AM (Group Exercise)	
Aqua Interval Pool						8:30AM-9:15AM (Group Exercise)	
Yoga Studio B						8:30AM-9:30AM (Mind Body) Ava C.	
HIIT Cardio Strength Studio A						9:00AM-9:45AM (Group Exercise) Kati P.	
DanceFit Studio A						10:00AM-11:00AM (Cardio) Yvette	



Armbrust YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning (TBC) Gymnasium						7:30AM-8:15AM (Group Exercise) <i>Dorine</i>	9:15AM-10:15AM (Group Exercise) <i>Sam H.</i>
BODYPUMP Studio A						7:45AM-8:45AM (Strength)	3:45PM-4:45PM (Strength) <i>Erica B.</i>
Aqua Zumba						8:00AM-8:45AM (Group Exercise) <i>Takako M.</i>	
Yoga Community Room B						8:15AM-9:00AM (Mind Body)	
Group Fight Studio A						9:00AM-10:00AM (Cardio)	6:00PM-6:45PM (Cardio) <i>Brittany R.</i>
Yoga Community Room A						9:15AM-10:00AM (Mind Body)	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>
Zumba Studio A						10:15AM-11:00AM (Group Exercise) <i>Tianna H.</i>	5:00PM-5:45PM (Group Exercise) <i>Tianna H.</i>



Southwest YMCA | August 25th - August 31st

	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>	
Group Fight Group Fitness Studio						9:45AM-10:15AM (Cardio) <i>Lisa 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>	



Twin Rivers YMCA | August 25th - August 31st

	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>	
Zumba Group Fitness Studio							1:00PM-2:00PM (Group Exercise) <i>April W.</i>



YMCA Healthy Living Center | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Interval Pool						8:00AM-8:45AM (Group Exercise)	
Low-Impact Cardio Strength Community Room B						8:00AM-8:45AM (Group Exercise)	



Mills County YMCA | August 25th - August 31st

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