



# Beatrice YMCA Group Exercise Schedule

Updated 5/15/19

Monday	Class	Instructor	Studio
5:15-6:00 am	TRX	Brent	QF ●
5:15-6:00 am	Group Cycle	Deb	AR ●
8:15-9:00 am	WATERinMOTION	Kim	P ●
8:30-9:30 am	Step Aerobics	Lorri	AR ●
9:00-9:45 am	Arthritic Aquacise	Kim	P ●
9:45-10:30 am	Silver Sneakers	Shely	AR ●
11:30-12:15 pm	WATERinMOTION	Heidi	P ●
4:30-5:15 pm	Stability Ball	Geana	AR ●
5:30-6:15 pm	Group Cycle	Geana	AR ●
6:00-6:45 pm	Battleropes	Jeff	QF ●●
6:15-7:15 pm	Vinyasa Yoga	Gina	AR ●

Tuesday	Class	Instructor	Studio
5:00-5:45 am	Kickboxing	Danielle	QF ●
5:15-6:15 am	Bodyump	Jaci	AR ●
5:15-6:00 am	Battleropes	Chris	Gym ●●
8:00-8:45 am	Aquasurprise	Madison	P ●
8:15-9:00 am	Group Cycle	Becky	AR ●
9:00-10:00 am	Bodyump	Shely	AR ●
9:00-9:45 am	Arthritic Aquacise	Kris	P ●
10:00-10:30 am	Aqua Standup	Kris	P ●
10:15-11:00 am	Baby Boomers	Becky	AR ●
11:15-12:00 pm	Movement Improvement	Shely	AR ●
12:15-12:45 pm	Aqua Standup	Kris	P ●
5:00-6:00 pm	Aquacise	Jen	P ●
5:30-6:00 pm	GRIT	Amanda	AR ●●
6:00-7:00 pm	Yoga	Leigh	QF ●

Wednesday	Class	Instructor	Studio
5:15-6:00 am	TRX	Brent	QF ●
5:15-6:00 am	Group Cycle	Deb	AR ●
8:15-9:00 am	WATERinMOTION	Kim	P ●
8:30-9:30 am	Step Aerobics	Lorri	AR ●
9:00-9:45 am	Arthritic Aquacise	Kim	P ●
9:45-10:30 am	Silver Sneakers	Shely	AR ●
11:30-12:15 pm	WATERinMOTION	Heidi	P ●
4:30-5:15 pm	Stability Ball	Geana	AR ●
5:30-6:30 pm	Bodyump	Katie	AR ●
6:00-6:45 pm	Battleropes	Jeff	QF ●●

Thursday	Class	Instructor	Studio
5:00-5:45 am	Kickboxing	Danielle	QF ●
5:15-6:15 am	Bodyump	Jaci	AR ●
5:15-6:00 am	Battleropes	Chris	Gym ●●
8:00-8:45 am	Aquasurprise	Madison	P ●
8:15-9:00 am	Group Cycle	Becky	AR ●
9:00-10:00 am	Bodyump	Shely	AR ●
9:00-9:45 am	Arthritic Aquacise	Kris	P ●
10:00-10:30 am	Aqua Standup	Kris	P ●
10:15-11:00 am	Baby Boomers	Becky	AR ●
11:15-12:00 pm	Movement Improvement	Shely	AR ●
5:00-6:00 pm	Aquacise	Jen	P ●
5:30-6:00 pm	GRIT	Amanda	AR ●●
6:00-7:00 pm	Yoga	Leigh	QF ●

Friday	Class	Instructor	Studio
5:15-6:00 am	TRX	Brent	QF ●
5:15-6:00 am	Group Cycle	Deb	AR ●
8:15-9:00 am	WATERinMOTION	Kim	P ●
8:30-9:30 am	Step Aerobics	Lorri	AR ●
9:00-9:45 am	Arthritic Aquacise	Kim	P ●
9:45-10:30 am	Silver Sneakers	Shely	AR ●
11:30-12:15 pm	WATERinMOTION	Heidi	P ●

Saturday	Class	Instructor	Studio
7:10-7:45 am	GRIT	Denise	AR ●●

QF - Quick Fit Studio  
AR - Aerobics Studio  
P - Pool

- **Cardio**
- **Water**
- **Strength**
- **Low Intensity**

All classes are ongoing and are open to members ages 12 & up. Classes may be canceled and times may change due to low attendance. Please refer to the schedule regularly.

**To attend a group cycling class, TRX, Aqua Standup, or kickboxing class, please sign up at the front desk or via the link on our Facebook page 24 hours in advance of the class.**

**For class cancellations and other important info from the Y, subscribe to 'Remind Text Notifications' by texting @b4d9 to 81010. Or send a blank email to b4d9@mail.remind.com for email notifications. For pool notifications text @pool1801 to 81010.**

**Please Contact:  
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