



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MORNING GROUP EXERCISE SCHEDULE

Beatrice Mary Family YMCA 1801 Scott, Beatrice, Ne www.beatriceymca.org

**Group Exercise
Schedule
2018**

Where to find our
classes

QF – Upstairs
Quick Fit Room
AR–Aerobics Room
P–Pool
RB–Racquet Ball
Room
G–Gym

All classes are
ongoing and are open
to members ages 12
and up... join any time
Call first to ensure
classes will be held
Classes may be
cancelled and times
may change due to
low attendance.
Please refer to
schedules regularly.

To attend a group
cycling class, TRX,
BODYPUMP, Pound or
Kickboxing class
please sign up at the
front desk to reserve
a spot. May call 24
hours ahead for a
reservation.

Discovery Zone Hours

Morning Hours

Mon–Fri 8:30–
11:30 AM

Sat 8:00–10:00 am

**Afternoon/Evening
Hours**

Mon–Thur 5–7 pm

(will stay open to
accommodate

Bodyflow)

Fri–Closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15–6 am TRK with Brent QF Room	5:00–5:45am Kickboxing with Danielle QF Room	5:15–6 am TRX with Brent QF Room	5:00–5:45am Kickboxing with Danielle QF Room	5:15–6 am TRX with Brent QF Room	
	5:15–6:00 am Aqua Standup with Jaci –P	5:15–6:15 am BODYPUMP AR With Jaci	5:30–6:15am Group Cycling – AR With Deb Sanne	5:15–6:15 am BODYPUMP AR With Jaci	5:30–6:15am Group Cycling – AR With Deb Sanne	8–9 am BODYPUMP AR
	5:30–6:15am Group Cycling – AR With Deb Sanne	8–8:45 am Aquasurprise –P	8:15–9 am WATERinMOTION	8–8:45 am Aquasurprise –P	8:15–9 am WATERinMOTION	9:15 am – 10 Pound (Every 2 nd & 4 th Saturday of the month)
	8:15–9 AM WATERinMOTION	8:15–9:00am Group Cycling With Becky	8:30–9:30am Step Aerobics–AR With Lorri Fossler	8:15–9:00am Group Cycling With Becky	8:30–9:30am Step Aerobics–AR With Lorri Fossler	
	8:30–9:30am Step Aerobics–AR With Lorri Fossler	9:00 am BODYPUMP AR	9–9:45am Arthritic Aquacise– P	9:00 am BODYPUMP AR With Shely	9–9:45am Arthritic Aquacise– P	
	9–9:45am Arthritic Aquacise– P	9–9:45am Arthritic Aquacise– P	9:45–10:30 am Silver Sneakers– AR With Shely	9–9:45am Arthritic Aquacise–P	9:45–10:30 am Silver Sneakers– AR With Shely	
	9:45–10:30 am Silver Sneakers– AR With Shely	10:00–10:30 am Aqua Standup with Kim – P	11:15 AM – 12:15 PM WATERinMOTION – P	10:00–10:30 am Aqua Standup with Kim – P	11:15 AM – 12:15 PM WATERinMOTION – P	
	11:15 AM – 12:15 PM WATERinMOTION – P	10:15–11 am Baby Boomers Cardio & Weights AR With Becky		10:15–11 am Baby Boomers Cardio & Weights AR With Becky		
		11:15am – 12 pm Movement Improvement AR With Shely		11:15am–12pm Movement Improvement AR With Shely		

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



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AFTERNOON/EVENING GROUP EXERCISE SCHEDULE

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	Monday	Tuesday	Wednesday	Thursday	Friday
	4:30-5:15 pm Stability Ball-AR With Margie	12:15-12:45 pm Aqua Standup with Kris Higgins	12-1 pm BODYPUMP with Shely AR	12:15-12:45 pm Aqua Standup with Kris Higgins	
	5:30-6:15 pm Group Cycling with Deb AR	4-4:45 pm Water Gym P With Jennifer Boul	4:30-5:15 pm Stability Ball AR With Margie	4-4:45 pm Water Gym P With Jennifer Boul	4-4:45 pm Water Gym P With Jennifer Boul
	7:30-8:00 pm Aqua Standup with Hannah -P	4:45-5:45 pm Aquacise P	5:30-6:15 pm P90X/INSANITY AR With Joyce Miller	4:45-5:45 pm Aquacise P	4:45-5:45 pm Aquacise P With Jennifer Boul
		5:30-6:15 pm Pound AR With Shely	5:15-6:00 pm TRX with Brent Essink QF	5:30-6:30 pm BODYPUMP AR With Katie Hanquist	6:30-7:00 pm Aqua Standup with Hannah -P
		6-7 pm Yoga with Leigh QF	6:30-7:30 pm Bodyflow with Jaci AR	6-7 pm Yoga with Leigh QF	
		6:30 - 7:15 pm SPIN with Alison AR		6:30-7:15 pm Club Mixx with Crystal AR	

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