



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

# MORNING GROUP EXERCISE SCHEDULE

Beatrice Mary Family YMCA 1801 Scott, Beatrice, Ne [www.beatriceymca.org](http://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	5:15–6:00am Group Cycling – AR With Deb Sanne	5:15–6:15 am BODYPUMP AR With Jaci	5:15–6:00am Group Cycling – AR With Deb Sanne	8–9 am BODYPUMP AR
	5:15–6:00am 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	
	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](mailto:b4d9@mail.remind.com)



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# AFTERNOON/EVENING GROUP EXERCISE SCHEDULE

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**Group Exercise  
Schedule  
2018**

Where to find our  
classes  
AR-Aerobics Room  
P-Pool  
RB-Racquet Ball  
Room  
G-Gym  
QF-Upstairs Quick Fit  
Room

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.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sunday</b>
	4:30-5:15 pm Stability Ball-AR With Margie	12:15-12:45 pm Aqua Standup with Kris	12-1 pm BODYPUMP with Shely AR	4-4:45 pm Water Gym P With Jennifer Boul		
	5:30-6:16 pm Group Cycling with Geanna AR	4-4:45 pm Water Gym P With Jennifer Boul P	4:30-5:15 pm Stability Ball AR With Margie	4:45-5:30 pm Aquacise P	4-4:45 pm Water Gym P With Jennifer Boul	
		4:45-5:30 pm Aquacise	5:15-6:00 pm TRX with Brent Essink - QF	5:30-6:30 pm BODYPUMP AR With Katie Hanquist	4:45-5:30 pm Aquacise P	
		5:30-6:15 pm Pound AR With Shely	5:30-6:15 pm Battleropes with Adam - AR	6-7 pm Yoga with Leigh QF	6:30-7:00 pm Aqua Standup with Hannah - P	
		6-7 pm Yoga with Leigh QF		6:30-7:15 pm Club mixx with Cyrstal AR		
		6:30 - 7:15 pm Group Cycle with Alison AR				

To attend a group  
cycling class or Aqua  
Standup, please sign  
up at the front desk  
or call 402-223-  
5266 to reserve a  
spot. May call 24  
hours ahead for a  
reservation.

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

Discovery Zone Hours  
**Morning Hours**  
Mon-Fri 8:30-  
11:30 AM  
Sat 8:00-10:00 am  
**Afternoon/Evening  
Hours**  
Mon 4:00-7:30pm  
Tues 4:00-7:30 pm  
Wed 4:00-7:30pm  
Thurs 4:00-7:30 pm  
Fri-Closed

Updated 03/29/2018