



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

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 Battleropes with Jaci –Gym	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 every 2 nd and 4 th Saturday
5:15–6:00am Group Cycling – AR With Deb Sanne	8–8:45 am Aquasurprise with Madison –P	8:15–9 am WATERinMOTION	8–8:45 am Aquasurprise with Madison –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	11:30–12:15pm WATERinMOTION	10:00–10:30 am Aqua Standup with Kim – P	11:30–12:15pm WATERinMOTION	
11:30–12:15pm WATERinMOTION	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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Schedule
2018

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Room
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QF-Upstairs Quick Fit
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Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4:30-5:15 pm Stability Ball-AR With Geanna	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 Geanna	4:45-5:30 pm Aquacise P		
6:00-6:45 pm Battleropes with Adam - QF	4:45-5:30 pm Aquacise	5:15-6:00 pm TRX with Brent Essink - QF	5:30-6:30 pm Bodypump with Jaci - AR		
6:30-7:15 pm Club mixx with Crystal AR	5:30-6:15 pm Pound AR With Shely	6:00- 6:45 pm Battleropes with Adam - AR	6-7 pm Yoga with Leigh QF		
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5266 to reserve a
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**Afternoon/Evening
Hours**
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Tues 4:00-7:30 pm
Wed 4:00-7:30pm
Thurs 4:00-7:30 pm
Fri-Closed

Updated 08/28/2018