



KEARNEY FAMILY YMCA

4500 6TH AVE KEARNEY, NE 68845 • P: (308) 237-9622 • F: (308) 237-7939

GROUP EXERCISE CLASS SCHEDULE

JANUARY 8TH-JUNE 3RD

	MON	TUE	WED	THU	FRI	SAT
5am	Zumba Eileen Jahn 5:30am - 6:15am	BodyPump (Registration Required) Liz Weins 5:15am - 6:15am	Zumba Eileen Jahn 5:30am - 6:15am	BodyPump (Registration Required) Eileen Jahn 5:15am - 6:15am	Indo-Row (Registration Required) Liz Weins 5:30am - 6:15am	
	Group Cycling (Registration Required) Dawn Chavanu 5:30am - 6:30am		Group Cycling (Registration Required) Dawn Chavanu 5:30am - 6:30am		Group Cycling (Registration Required) Cherie Calcaterra 5:30am - 6:30am	
	Indo-Row (Registration Required) Emily Hensley Matt Lewis 5:30am - 6:15am				Exercise Surprise Rotating Instructors 5:30am - 6am	
8am	TabataPUMP (Registration Required) Shari Geiser 8:25am - 9:25am	Group Cycling (Registration Required) Laura Aden 8:25am - 9:25am	TNT Extreme Hallie Ganz 8:25am - 9:25am	Zumba Krisa Smith 8:25am - 9:25am	Power Hour Charlotte Mroczek 8:25am - 9:10am	BodyPump (Registration Required) Rotating Instructors 8am - 9am
	Treadmill Class (Registration Required) Hallie Ganz 8:30am - 9:30am	Zumba Jenny Madsen 8:25am - 9:25am	Aqua Fit Kathy Finkner 8:30am - 9:15am	Group Cycling (Registration Required) Hallie Ganz 8:25am - 9:25am	Aqua Suprise Cindy Foote 8:30am - 9:15am	
		TabAqua Kathy Finkner 8:30am - 9:30am		TabAqua Kathy Finkner 8:30am - 9:15am		
9am	Butts & Gutts Kim Meister 9:30am - 10:15am	BodyPump (Registration Required) Brooke White 9:40am - 10:40am	Pilates McKenna Leitschuck 9:30am - 10:15am	BodyPump (Registration Required) Liz Weins 9:40am - 10:40am	FLEX Charlotte Mroczek 9:25am - 10:10am	Group Cycling (Registration Required) Amanda Anderson 9:15am - 10:15am
	Pilates Kristy Weis 9:30am - 10:30am					Zumba Britnie Kirchner 9:15am - 10am
10am	Prime Fitness (65+ yrs) Terri Miller 10:30am - 11:15am	Prime Yoga (65+ yrs) Carol Lomicky 10:30am - 11:15am	Prime Fitness (65+ yrs) Jenny Madsen 10:30am - 11:15am	Prime Yoga (65+ yrs) Carol Lomicky 10:30am - 11:15am	Prime Fitness (65+ yrs) Brooke Ward 10:20am - 11am	
12pm		Group Cycling (Registration Required) Hallie Ganz 12:10pm - 12:45pm				
4pm	BodyPump (Registration Required) Eileen Jahn 4:25pm - 5:25pm	30for30 Brooke White 4:45pm - 5:15pm	BodyPump (Registration Required) Anna Petersen 4:25pm - 5:25pm	30for30 Brooke White 4:45pm - 5:15pm		
5pm	Group Cycling (Registration Required) Jerry Fast 5:30pm - 6:15pm	BodyPump (Registration Required) Kara Schake 5:25pm - 6:25pm	Aqua Zumba Barb Mathis 5:30pm - 6:15pm	BodyPump (Registration Required) Kaiti George 5:25pm - 6:25pm		
	Zumba Jenny Madsen 5:30pm - 6:15pm	PIYo Brook Wiemers 5:30pm - 6:15pm	Group Cycling (Registration Required) Liz Weins 5:30pm - 6:15pm	Indo-Row (Registration Required) Jerry Fast 5:30pm - 6:15pm		
			Kick It! Crunch It! Burn It! Rotating Instructors 5:30pm - 6:30pm			
6pm	Core & More Charlotte Mroczek 6:30pm - 7pm	Zumba Britnie Kirchner 6:30pm - 7:15pm		Zumba Barb Mathis 6:30pm - 7:15pm		
7pm	Jiu Jitsu Alex Weaver 7:30pm - 8:30pm	Jiu Jitsu Alex Weaver 7:30pm - 8:30pm		Jiu Jitsu Alex Weaver 7:30pm - 8:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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SPECIALTY GROUP EXERCISE CLASSES

INSTRUCTOR:
SHARI GEISER

WEDNESDAY
5:30-6:15am

Drop-In: \$10

TABATA TWISTED

Tabata...but with a TWIST! Every class will consist of Tabata timing but in a mixed up way to keep your body in SHOCK. The best way to train your body is to keep it guessing...and this class will do just that! Different equipment or sometimes none at all...different muscle groups each week with a mix of CARDIO and STRENGTH!

MEM: \$65

NON: \$85

YOGA

8 WEEK SESSIONS

January 15th-March 5th
January 16th-March 6th
January 17th-March 7th

Members: \$40
Non-Members: \$80

INSTRUCTOR: MARSHA YEAGLEY
Monday • Tuesday • Wednesday

6 WEEK SESSIONS

March 26th-April 30th
March 27th-May 1st
March 28th-May 2nd

Members: \$30
Non-Members: \$60

JIU JITSU

INSTRUCTOR:
ALEX WEAVER

MON, TUES, & THURS
7:30-8:30pm

Brazilian Jiu-Jitsu is a martial art, combat sport system that focuses on grappling and especially ground fighting. It is used in grappling tournaments, self defense situations, performance-based training and overall fitness and well-being. Jiu-Jitsu will enhance your mobility, strength, and coordination of your body while engaging your brain. All are welcome regardless of age, body composition or athletic level.

MEM: FREE

NON: \$10
Per Class

CYCLE & CIRCUIT

INSTRUCTOR:
SHARI GEISER

THURSDAYS
5:15-6:15am
DROP IN: \$10

Begin your day with this 60 minute power hour. You will experience 30 minutes of intense cycling followed by 25 minutes of strength and plyometric cardio to make a well-rounded workout. If you want it all and want it wrapped up into one class, then this is the class to attend. See you there.

MEM: \$65

NON: \$85

TRX

INSTRUCTOR:
ALEX WEEVER

M. 9:40am (1/8-3/12) Mem:\$50/Non: \$100
M. 12:10pm (1/8-3/12) Mem:\$50/Non: \$100
W. 12:10pm (1/10-3/14) Mem:\$50/Non: \$100
F. 8:00am (1/12-3/16) Mem:\$50/Non: \$100

INSTRUCTOR: LEAH STADE

TU. 5:15am (1/9- 2/13) Mem:\$30/Non: \$60