



KEARNEY FAMILY YMCA

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

GROUP EXERCISE CLASS SCHEDULE

JANUARY 7TH-JUNE 7TH

	MON	TUE	WED	THU	FRI	SAT
5am	Indo-Row (Registration Required) Emily Hensley Matt Lewis 5:30am - 6:15am	BodyPump (Registration Required) Liz Weins 5:15am - 6:15am	Group Cycling (Registration Required) Amanda Anderson 5:30am - 6:30am	BodyPump (Registration Required) Eileen Jahn 5:15am - 6:15am	Indo-Row (Registration Required) Liz Weins 5:30am - 6:15am	
	Zumba Eileen Jahn 5:30am - 6:15am		Zumba Eileen Jahn 5:30am - 6:15am		Exercise Surprise Rotating Instructors 5:30am - 6am	
	Group Cycling (Registration Required) Dawn Chavanu 5:30am - 6:30am				Group Cycling (Registration Required) Cherie Calcaterra 5:30am - 6:30am	
8am	Kickboxing Kim Meister 8:25am - 9:25am	Zumba Jenny Madsen 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 - 9:25am	BodyPump (Registration Required) Rotating Instructors 8am - 9am
	Treadmill Class (Registration Required) Hallie Ganz 8:30am - 9:30am	Group Cycling (Registration Required) Laura Aden 8:25am - 9:25am		Group Cycling (Registration Required) Hallie Ganz 8:25am - 9:25am	Aqua Suprise Cindy Foote 8:30am - 9:15am	
				TabAqua Kathy Finkner 8:30am - 9:15am	Tread & Shred (Registration Required) Hallie Ganz 8:30am - 9:30am	
9am	Butts & Guts Kim Meister 9:30am - 10:15am	Triple Threat Terri Miller 9:40am - 10:40am		BodyPump (Registration Required) Kara Schake 9:40am - 10:40am	FLEX Charlotte Mroczek 9:25am - 10:10am	Zumba Britnie Kirchner 9:15am - 10am
	Pilates Kristy Weis 9:30am - 10:30am					Group Cycling (Registration Required) Amanda Anderson 9:15am - 10am
10am	Prime Fitness (65+ yrs) Anne Johnson 10:30am - 11:15am	Prime Yoga (65+ yrs) Carol Lomicky 10:30am - 11:15am	Prime Fitness (65+ yrs) Jenny Madsen 10:15am - 11am	Prime Yoga (65+ yrs) Carol Lomicky 10:30am - 11:15am	Prime Fitness (65+ yrs) Terri Miller 10:30am - 11:15am	
11am		Delay The Disease Theresa Harris 11am - 12pm		Delay The Disease Theresa Harris 11am - 12pm		
12pm		Group Cycling (Registration Required) Laura Aden 12:15pm - 12:50pm		Group Cycling (Registration Required) Hallie Ganz 12:15pm - 12:50pm		
2pm			Mindful Mobility Anne Johnson 2pm - 3pm			
4pm	Calorie Crushing Circuits Rotating Instructors 4:25pm - 5:25pm		BodyPump (Registration Required) Anna Petersen 4:25pm - 5:25pm	30for30 Mary Stuart 4:45pm - 5:15pm		
5pm	Zumba Jenny Madsen 5:30pm - 6:15pm	BodyPump (Registration Required) Kara Schake 5:25pm - 6:25pm	Kickboxing Terri Miller 5:30pm - 6:30pm	BodyPump (Registration Required) Kaiti George 5:25pm - 6:25pm		
	Group Cycling (Registration Required) Jerry Fast 5:30pm - 6:15pm		Aqua Zumba Barb Mathis 5:30pm - 6:15pm	Cycling 101 Varied Instructors: Mary and Jerry 5:30pm - 6:05pm		
			Group Cycling (Registration Required) Liz Weins 5:30pm - 6:15pm			
6pm	NEW Rowing 101 Jerry Fast 6:30pm - 7:05pm	NEW Strength 101 Varied Instructors: Kara and Terri 6:30pm - 7:15pm	Zumba Barb Mathis 6:30pm - 7:15pm			
	Core & More Charlotte Mroczek 6:30pm - 7pm					
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		

MOBILE APP UPDATE:
There will be a new mobile app available soon for the Kearney Family YMCA! Be looking for more information to come!

EFFECTIVE NOV. 1ST, 2018:
NON-MEMBERS MUST PAY DROP-IN RATE FOR ALL CLASSES IN ADDITION TO \$10 DAY PASS. DROP IN RATE FOR SPECIALTY CLASSES FOR MEMBERS AND NON-MEMBERS IS \$5 UNLESS STATED OTHERWISE (EXAMPLE: BOOTCAMPs).

REMINDER: Please note that all classes are subject to change due to demand, participation, and instructor availability.



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SPECIALTY GROUP EXERCISE CLASSES

FLOAT FIT

INSTRUCTOR:
TERRI MILLER

TUES. OR THURS.
5:15-6:00 am

GLIDEFIT

10 WEEK SESSIONS
1/7 - 3/15

8 WEEK SESSIONS
3/25 - 5/17

MEM: \$50
NON: \$100

MEM: \$40
NON: \$80

BOGA

INSTRUCTOR:
SARAH SUTTON

TUESDAY
9:30-10:15 am

Check with our Service Desk, online or Hallie Ganz for more information on pricing and class lengths.

INSTRUCTOR:
SHARI GEISER

WEDNESDAY
5:30-6:30am

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 group each week with a mix of CARDIO and STRENGTH!

INSTRUCTOR:
SHARI GEISER

THURSDAYS
5:15-6:15am

DROP IN: \$10

CYCLE & CIRCUIT

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.

YOGA 4 U

• Monday or Wednesday •

INSTRUCTOR:
MARSHA YEAGLEY

SESSIONS
Session 1: 1/14 - 3/3
Session 2: 3/25 - 4/26

5:30pm

INSTRUCTOR:
ALEX WEAVER

M. 9:30 am OR 12:10 pm
W. 12:10 pm OR 1:00 pm
F. 8:30 am OR 1:00 pm

Session 1 (1/8 - 2/26)
Session 2 (3/5 - 4/9)
Session 3 (4/16 - 5/21)

TRX

INSTRUCTOR:
LEAH STADE

T. 5:15 am*
T. 5:30 am

Session 1 (1/8 - 2/26)*
Session 2 (3/5 - 4/9)
Session 3 (4/16 - 5/21)

EFFECTIVE NOV. 1ST: NON-MEMBERS MUST PAY DROP-IN RATE FOR ALL CLASSES IN ADDITION TO \$10 DAY PASS. DROP IN RATE FOR SPECIALTY CLASSES (MEMBERS AND NON-MEMBERS) IS \$5 UNLESS STATED OTHERWISE (EXAMPLE: BOOTCAMPS).