



KEARNEY FAMILY YMCA

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

GROUP EXERCISE CLASS SCHEDULE

JUNE 3RD-SEPTEMBER 9TH

	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) Amanda Anderson 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	Kickboxing Kim Meister 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
		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 Surprise Cindy Foote 8:30am - 9:15am	
				TabAqua Kathy Finkner 8:30am - 9:15am		
9am	Butts & Guts Kim Meister 9:30am - 10:15am	BodyPump (Registration Required) Brooke White 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 10:15am - 11am	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		Group Cycling (Registration Required) Rotating Instructors 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			
5pm	Group Cycling (Registration Required) Jerry Fast 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		
	Zumba Jenny Madsen 5:30pm - 6:15pm		Aqua Zumba Barb Mathis 5:30pm - 6:15pm			
			Group Cycling (Registration Required) Mary Stuart 5:30pm - 6:15pm			
6pm				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		

FACILITY NOTES:

MOBILE APP:
Our Mobile App is the most up to date source of info on all Group Ex Classes, schedules, and facility updates.
Download:
Kearney Family YMCA

FACILITY CLOSED:
JULY 4TH

SHUTDOWN WEEK:
AUGUST 13-17
Group Ex classes to be announced.

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

TUESDAY
5:30-6:15am

Drop-In: \$10
SUPER GYM

SUNRISE SURPRISE

Get up with the sun, get outside and change up your workout. The great outdoors offers many opportunities to do just that. Join Shari for 6 weeks around town, Out-and-About, and in your favorite parks and places. Every week is different! Every week is a challenge! Every week is filled with FUN!

MEM: \$40

NON: \$60

6 WEEK SESSIONS
June 4-July 16
5:30pm

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

YOGA

INSTRUCTOR: MARSHA YEAGLEY

• Monday •

CLASS NOTES:
There will be no class July 2nd.

MEM: \$30

NON: \$60

INSTRUCTOR:

RAY LONGORIA, HALLIE GANZ, & MARSHA YEAGLEY

WEDNESDAY
5:30-6:30am

RUNYoga

Let's run and then let's stretch! Are you a runner looking to increase flexibility? Possibly a Yogi hoping to expand your workout repertoire? This RUN / YOGA mashup is the perfect summer class. Held outdoors, the class will meet at Harmon Park.

MEM: \$20

NON: \$40

INSTRUCTOR:
SHARI GEISER

WEDNESDAYS
7:15-8:15am
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.

MEM: \$40

NON: \$60

INSTRUCTOR:
ALEX WEEVER

M. 9:40am (6/4-6/25)
M. 12:10pm (6/4-6/25)
W. 12:10pm (6/6-6/27)
F. 8:30am (6/8-6/29)
M. 9:40am (7/9-7/30)
M. 12:10pm (7/9-7/30)
W. 12:10pm (7/11-8/1)
F. 8:30am (7/13-8/3)

Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40
Mem:\$20/Non: \$40

TRX

INSTRUCTOR: LEAH STADE

TU. 9:30am (5/29- 6/17) Mem:\$20/Non: \$40

No class June 26

YOUTH/TEEN TRX EXPRESS

TH. 9:30am (5/31- 6/21) Mem:\$20/Non: \$40