



FALL 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2017 PRIME FITNESS SCHEDULE

**\$4.00 SENIOR WEDNESDAYS—BRING A FRIEND AND SHARE THE Y**

## GROUP EX ROOM #1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:15AM	Prime Fitness w/ Terri Miller	Prime Yoga w/ Carol Lomicky	Prime Fitness w/ Jenny Madsen	Prime Yoga w/ Carol Lomicky	Prime Fitness w/ Carol Lomicky
2:00-3:00 PM			Mindful Mobility w/ Anne Johnson [Fee Class]		

## POOL CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15AM	AquaZumba w/ Kathy Finker	TabAqua w/ Kathy Finker	AquaFit w/ Kathy Finker	TabAqua w/ Kathy Finker	Aqua Surprise w/ Cindy Foote

## WELLNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY
9:30-10:00AM	Time with our Wellness Center Manager		

### CONTACT INFO:

Hallie Ganz  
Group Exercise Coordinator  
E. hganz@kearneyymca.org

Can't make any of the class times for your schedule? Try Fitness On-Demand! Ask us how!

Kearney Family YMCA - 4500 6th Ave - 308.237.9622 - kearneyymca.org

