



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX 101 CLASSES

STARTING HAS NEVER BEEN SO AWESOME

INCLUDED WITH MEMBERSHIP

CYCLING 101

Day: Thursdays

Time: 5:30-6:05pm

Room: Group Exercise #2

Instructor: Mary or Jerry

Description: A great workout for your lower body and your heart! Join us on this wonderful ride, up hills and down. Water is a requirement and one of the rules of the road, come and learn them all!

35
Min.

ROWING 101

Days: Monday

Time: 6:30-7:05pm

Room: Meeting Room 1

Instructor: Jerry

Description: Indo-Row® is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Developed by International Oarsman/Athlete Josh Crosby and Celebrated Fitness Expert Jay Blahnik, Indo-Row® has taken the fitness industry by storm. Working in teams, partners and as one crew, each participant receives top-notch coaching and a transformative total-body workout that leaves them begging for more.

35
Min.

STRENGTH 101

Days: Tuesday

Time: 6:30-7:15pm

Room: Group Exercise Room 1

Instructor: Terri or Kara

Description: Muscle definition will also be achieved for a lean long look. A full body weight training class, what a perfect complement to add with your cardio training.

45
Min.

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