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Boot Camp  5:30am-6:30am Stephanie K Aerobics Studio Cardio Strength Combo	Thai Boxing  5:30am-6:30am Ryan J Aerobics Studio Cardio Strength Combo	KEISER <small>THE POWER IN HUMAN PERFORMANCE</small> Spin  5:45am-6:45am Nancy L Spin	Thai Boxing  5:30am-6:30am Ryan J Aerobics Studio Cardio Strength Combo	KEISER <small>THE POWER IN HUMAN PERFORMANCE</small> Spin  5:45am-6:45am Nancy L Spin	KEISER <small>THE POWER IN HUMAN PERFORMANCE</small> Spin  8:00am-8:45am Lindsay H Spin Studio Spin	Thai Boxing  8:00am-9:00am Ryan J Aerobics Studio Cardio Strength Combo
KEISER <small>THE POWER IN HUMAN PERFORMANCE</small> Spin  5:45am-6:45am Nancy L Spin Studio Spin	Go Time  9:00am-9:45am Heather B Cardio Strength Combo	Strength and Step  9:00am-9:45am Kim M Aerobics Studio Cardio Strength Combo	HIIT  9:00am-10:00am Kathy B Aerobics Studio Cardio Strength Combo	Infusion 9:00am-9:45am Kathy B Aerobics Room Cardio Strength Combo	Go Time  9:15am-10:00am Kathy B Aerobics Studio Cardio Strength Combo	KEISER <small>THE POWER IN HUMAN PERFORMANCE</small> Spin  9:00am-9:45am Lindsay H Spin Studio Spin
Infusion 9:00am-9:45am Shelby H Aerobics Studio Cardio Strength Combo	Water Fitness  10:00am-11:00am Nancy L Indoor Pool Aqua	Core & Spin  9:15am-10:15am Kim L Spin Studio Spin	totalbarre Total Barre 9:15am-10:15am Kim L Dance Studio A Mind Body	Power Vinyasa  9:30am-10:30am Brooke J Dance Studio A Mind Body	Kids BootCamp  9:15am-10:00am Josh D Gym Cardio Strength Combo	Resorative Hatha  9:30am-10:30am Katherine F Dance Studio A Mind Body
totalbarre Total Barre 9:15am-10:15am Kim L Dance Studio A Mind Body	PiYo  10:05am-10:50am Kallen G Aerobics Studio Mind Body	Mindful Vinyasa  9:15am-10:15am Katie T Dance Studio A Mind Body	Water Fitness  10:00am-11:00am Nancy L Indoor Pool Aqua	AMPD Resistance 10:00am-10:45am Heather B Aerobics Studio Cardio Strength Combo	Buns, Core, Thighs  10:15am-11:00am Heather B Aerobics Studio Strength	Boot Camp  9:30am-10:30am Kathy B Aerobics Studio Cardio Strength Combo
AMPD Resistance 10:00am-10:45am Heather B Aerobics Studio Cardio Strength Combo	Master Fitness Circuit  11:00am-11:45am Mary L Aerobics Studio Cardio Strength Combo	Water Fitness  10:00am-11:00am Nancy L Indoor Pool Aqua	Mat Pilates  10:05am-10:50am Claire S Aerobics Studio Mind Body	Water Fitness  10:00am-11:00am Katie P Indoor Pool Aqua		Water Fitness  10:00am-11:00am Jennifer B Indoor Pool Aqua
Water Fitness  10:00am-11:00am Nancy L Indoor Pool Aqua	Core & Spin  12:00pm-1:00pm Kim L Spin Studio Spin	Mat Pilates  10:15am-11:00am Claire S Group Exercise Room Mind Body	Master Fitness Circuit  11:00am-11:45am Mary L Aerobics Studio Cardio Strength Combo	Water Fitness  11:00am-11:45am Heather B Aerobics Studio Cardio		Water Fitness  11:00am-11:45am Christina B Group Exercise Room Mind Body
Master Fitness Cardio  11:00am-11:45am Heather B Aerobics Studio Cardio	Water Fitness  6:00pm-7:00pm Gretchen T Indoor Pool Aqua	Tai Chi  11:00am-11:45am Nicole L Aerobics Studio Mind Body	Poolaties  11:00am-11:45am Nancy L Indoor Pool Aqua	Poolaties  11:00am-12:00pm Nancy L Aqua		
Poolaties  11:00am-11:45am Nancy L Indoor Pool Aqua	Mindful Vinyasa  6:00pm-7:00pm Katherine F Library Mind Body	Barbell Strength  12:00pm-1:00pm Josh D Aerobics Studio Strength	Core & Spin  12:00pm-1:00pm Kim L Spin Studio Spin	Boot Camp  12:00pm-1:00pm Janene C Aerobics Studio Cardio Strength Combo		
Boot Camp  12:00pm-1:00pm Andrea M Aerobics Studio Cardio Strength Combo	Strength and Step  6:45pm-7:30pm Kim M Aerobics Studio Cardio Strength Combo	MetCon 4:45pm-5:30pm Shelby H Aerobics Studio Cardio Strength Combo	CANCELED: Water Fitness  6:00pm-7:00pm Mary M Indoor Pool Aqua			
	Strength and Step  6:45pm-7:30pm Kim M Aerobics Studio Cardio Strength Combo	Mat Pilates  5:35pm-6:20pm	Power Vinyasa 			

<p>Tai Chi  4:00pm-4:45pm Beth S Aerobics Studio Mind Body</p>	<p>Christina B Aerobics Studio Mind Body</p>	<p>6:00pm-7:00pm Brooke J Library Mind Body</p>
<p> Strong  5:30pm-6:15pm Andrea M Aerobics Studio Cardio Strength Combo</p>	<p>Resorative Hatha  6:00pm-7:00pm Katherine F Library Mind Body</p>	<p> Strong  6:30pm-7:30pm Andrea M Aerobics Studio Cardio Strength Combo</p>
<p>Water Fitness  6:00pm-7:00pm Gretchen T Indoor Pool Aqua</p>	<p>Water Fitness  6:00pm-7:00pm Nancy L Indoor Pool Aqua</p>	<p> Spin  6:00pm-6:45pm Angela J Spin Studio Spin</p>
<p> Spin  6:00pm-6:45pm Angela J Spin Studio Spin</p>	<p> Spin  6:00pm-6:45pm Angela J Spin Studio Spin</p>	<p>Dance Fitness  6:30pm-7:15pm Christina B Aerobics Studio Dance Fitness</p>
<p> Zumba® 6:30pm-7:30pm Andrea M Aerobics Studio Dance Fitness</p>		

Omaha Jewish Community Center - 333 S 132nd ST Omaha NE 68154 - 402-334-6426