<table>
<thead>
<tr>
<th>Mon</th>
<th>7/8</th>
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</table>
| Boot Camp | 5:30am-6:30am
Stephanie K<br>Aerobics Studio<br>Cardio Strength Combo |
| Thai Boxing | 5:30am-6:30am
Ryan J<br>Aerobics Studio<br>Cardio Strength Combo |
| Keiser | Spin | 5:45am-6:45am
Nancy L<br>Spin Studio<br>Spin |

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<tr>
<th>Tues</th>
<th>7/9</th>
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</table>
| Infusion | 9:00am-9:45am
Shelby H<br>Aerobics Studio<br>Cardio Strength Combo |
| Total Barre | 9:15am-10:15am
Kim L<br>Dance Studio A<br>Mind Body |
| AMPD Resistance | 10:00am-10:45am
Heather B<br>Aerobics Studio<br>Cardio Strength Combo |
| Water Fitness | 10:00am-11:00am
Nancy L<br>Indoor Pool<br>Aqua |
| PiYo | 10:05am-10:50am
Kei Ann<br>Aerobics Studio<br>Mind Body |
| Master Fitness | Circuit | 11:00am-11:45am
Mary L<br>Aerobics Studio<br>Cardio Strength Combo |
| Core & Spin | 12:00pm-1:00pm
Kim L<br>Spin Studio<br>Spin |
| Water Fitness | 6:00pm-7:00pm
Gretchen T<br>Indoor Pool<br>Aqua |
| Mindful Vinyasa | 6:00pm-7:00pm
Katherine F<br>Library<br>Mind Body |

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<tr>
<th>Wed</th>
<th>7/10</th>
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| Thai Boxing | 5:30am-6:30am
Ryan J<br>Aerobics Studio<br>Cardio Strength Combo |
| Keiser | Spin | 5:45am-6:45am
Nancy L<br>Spin Studio<br>Spin |
| Strength and Step | 9:00am-9:45am
Heather B<br>Cardio Strength Combo |
| Core & Spin | 9:15am-10:15am
Kim L<br>Spin Studio<br>Spin |
| Water Fitness | 10:00am-11:00am
Nancy L<br>Indoor Pool<br>Aqua |
| Tai Chi | 11:00am-11:45am
Nicole L<br>Aerobics Studio<br>Mind Body |
| Barbell Strength | 12:00pm-1:00pm
Josh D<br>Aerobics Studio<br>Strength |
| MetCon | 4:45pm-5:30pm
Shelby H<br>Aerobics Studio<br>Cardio Strength Combo |

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<th>Thurs</th>
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| Thai Boxing | 5:30am-6:30am
Ryan J<br>Aerobics Studio<br>Cardio Strength Combo |
| Keiser | Spin | 5:45am-6:45am
Nancy L<br>Spin Studio<br>Spin |
| HIIT | 9:00am-10:00am
Kim M<br>Aerobics Studio<br>Cardio Strength Combo |
| Core & Spin | 9:15am-10:15am
Kim L<br>Spin Studio<br>Spin |
| Water Fitness | 10:00am-11:00am
Nancy L<br>Indoor Pool<br>Aqua |
| Tai Chi | 11:00am-11:45am
Nicole L<br>Aerobics Studio<br>Mind Body |
| Barbell Strength | 12:00pm-1:00pm
Josh D<br>Aerobics Studio<br>Strength |
| MetCon | 4:45pm-5:30pm
Shelby H<br>Aerobics Studio<br>Cardio Strength Combo |

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<th>Fri</th>
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| Spin | 5:45am-6:45am
Nancy L<br>Spin Studio<br>Spin |
| Infusion | 9:00am-9:45am
Kathy B<br>Aerobics Room<br>Cardio Strength Combo |
| Total Barre | 9:15am-10:15am
Kim L<br>Dance Studio A<br>Mind Body |
| Power Vinyasa | 9:30am-10:30am
Brooke J<br>Dance Studio A<br>Mind Body |
| Water Fitness | 10:00am-11:00am
Nancy L<br>Indoor Pool<br>Aqua |
| Mat Pilates | 10:05am-10:50am
Claire S<br>Aerobics Studio<br>Mind Body |
| Master Fitness | Circuit | 11:00am-11:45am
Mary L<br>Aerobics Studio<br>Cardio Strength Combo |
| Poolaties | 11:00am-12:00pm
Nancy L<br>Aqua |

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<tr>
<th>Sat</th>
<th>7/13</th>
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| Infusion | 9:00am-9:45am
Kathy B<br>Aerobics Room<br>Cardio Strength Combo |
| Total Barre | 9:15am-10:15am
Kim L<br>Dance Studio A<br>Mind Body |
| Water Fitness | 10:00am-11:00am
Katie P<br>Indoor Pool<br>Aqua |
| Mat Pilates | 10:05am-10:50am
Claire S<br>Aerobics Studio<br>Mind Body |
| Master Fitness | Circuit | 11:00am-11:45am
Mary L<br>Aerobics Studio<br>Cardio Strength Combo |
| Poolaties | 11:00am-12:00pm
Nancy L<br>Mind Body |

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<tr>
<th>Sun</th>
<th>7/14</th>
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| Boot Camp | 9:30am-10:30am
Kathy B<br>Aerobics Studio<br>Cardio Strength Combo |
| Water Fitness | 10:00am-11:00am
Jennifer B<br>Indoor Pool<br>Aqua |
| PiYo | 11:00am-11:45am
Christina B<br>Group Exercise Room<br>Mind Body |

| Boot Camp | 12:00pm-1:00pm
Andrea M<br>Aerobics Studio<br>Cardio Strength Combo |
| Strength and Step | 6:45pm-7:30pm
Kim M<br>Aerobics Studio<br>Cardio Strength Combo |
| Strength and Step | 6:45pm-7:30pm
Kim M<br>Aerobics Studio<br>Cardio Strength Combo |
| Power Vinyasa | 5:35pm-6:20pm |
| CANCELED: Water Fitness | 6:00pm-7:00pm
Mary M<br>Indoor Pool<br>Aqua |
| Boot Camp | 12:00pm-1:00pm
Janene C<br>Aerobics Studio<br>Cardio Strength Combo |
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<th>Location</th>
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<td>4:00pm-4:45pm</td>
<td>Tai Chi</td>
<td>Beth S</td>
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<td>Strong</td>
<td>Andrea M</td>
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<td>Spin Studio</td>
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<td>Christina B</td>
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Omaha Jewish Community Center  -  333 S 132nd ST Omaha NE 68154  -  402-334-6426