



Blue Moon Fitness – Omaha (North)  
 10930 Emmet Street (108<sup>th</sup> & Maple St.)  
 402 496-8900

Winter 2019 Group Fitness Schedule  
 Effective January 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		BODYPUMP Beth	MixedFit Kentavis	BODYPUMP Katie			
9:00 AM	BODYPUMP Tomas		BODYCOMBAT Tomas	BODYFLOW Teresa	BODYPUMP Lesley	BODYCOMBAT Beth	BODYSTEP Brigitte
10:00 AM	Express BODYCOMBAT		EXPRESS BODYPUMP		Express BODYCOMBAT	BODYPUMP Beth	BODYPUMP Niki
11:00 AM						CTY Talia	
12:00 PM	PILATES Trina	BODYPUMP Michele	Yoga Fusion Trina	BODYPUMP Michele		BODYFLOW Sarah	
1:00 PM							BODYPUMP INTRO (1 <sup>st</sup> Sunday)
4:30 PM							BODYCOMBAT Jamie
5:30 PM	BODYPUMP Jamie	BODYSTEP Brigitte	BODYPUMP Justin	BODYSTEP Kacie	EXPRESS BODYPUMP		BODYFLOW Sarah
					EXPRESS BODYCOMBAT Justin		
6:30 PM	Express BODYCOMBAT	BODYPUMP Jamie	Express BODYCOMBAT	BODYPUMP Dave V			
7:30 PM	MixedFit Shona	MixedFit Kentavis		BODYFLOW Sarah			
8:00 PM			MixedFit Marquita				

Please note that class schedules are subject to change and modified for holidays. Make sure you check for postings in the club.

For more information about the group fitness program contact Tomás Covos, Group Fitness Manager at [Tomas@Bluemoonfitness.com](mailto:Tomas@Bluemoonfitness.com)



## GROUP FITNESS CLASS DESCRIPTIONS

### **BODYCOMBAT**

The world's most popular martial arts based fitness class, combines moves from karate, tae kwon do, boxing and tai chi. BODYCOMBAT improves coordination and develops muscle definition, while at the same time it builds self esteem and boosts confidence.

### **BODYFLOW**

BODYFLOW is a mind-body class that combines Tai Chi, Yoga and Pilates disciplines. Often described as a journey, not a destination, BODYFLOW is designed to make you feel longer, stronger, reduce pain and relieve stress.

### **BODYPUMP**

We call this workout "Resistance to Rhythm!" The BP workout is a challenging yet simple routine that uses specially made barbells that can be adjusted from 3 pounds to 91 pounds making it ideal for people of all ages and fitness levels.

### **BODYPUMP**

**\*\* Introductory Class:** If you have NEVER taken a BODYPUMP class or have only taken it ONCE or TWICE and would like to join other members who are just as new to the class as you – come to this class! This class is offered the FIRST Sunday of the month at 1pm.

### **BODYSTEP**

BODYSTEP is a simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. The group atmosphere is inspiring. The music and energy is addictive. You may have experienced a step class, but that doesn't mean you've experienced BODYSTEP!

### **CTY (Dance Fitness)**

CTY is a dance fitness experience and so much more! We are committed to creating a fun & healthy experience by combining different genres of music and styles of dance while incorporating essential fitness elements.

### **"EXPRESS" Les Mills Classes**

In these shorter Les Mills approved formats, you will still warm up and work your legs, chest, back and abs. These muscle groups are key to the maintenance of posture, overall tone, and functional strength. The "Express" option is perfect for you if you are: 1) New to the program and need to build up endurance. 2) Short on time and only have 30 minutes to commit. 3) In need of a short strength/endurance session to combine with a cardio class/workout.

### **MixedFit:**

MixedFit is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning.

### **Yoga Fusion**

Yoga Fusion is a blend of movement and sequences inspired from the worlds of Yoga and Pilates. Yoga Fusion is a fantastic introduction to Yoga and a wonderful gateway into the mindful aspect of movement.

**Club Opens:** Monday – Friday at 5 AM, Saturday & Sunday at 7 AM,

**Club Closes:** Monday – Thursday at Midnight, Friday at 9 PM, Saturday & Sunday at 7 PM

**Visit Blue Moon Fitness on the web at [www.BlueMoonFitness.com](http://www.BlueMoonFitness.com)**

**108<sup>th</sup> & Maple**

**(402) 496-8900**

Note: If you like a class and you want it to be offered in the future then attend it! And don't try to keep a class small and expect us to continue to offer that class. We drop poorly attended classes like hot potatoes. Get your friends to attend your favorite class, too. The fullest class is the class that has the best chance of staying on the schedule!