



Blue Moon Fitness – Omaha (South)
 5103 South 108th Street (108th & Q St.)
 402 339-6050

Winter 2019 Group Fitness Schedule
 Effective January 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	BODYPUMP Jackie	BODYSTEP Brigette	BODYPUMP Jackie	BODYSTEP Brigette	BODYPUMP Beth		
8:00AM						STRONG (HIIT) Talia	
9:00 AM	BODYPUMP Michele	BODYCOMBAT Tomas	BODYPUMP Michele	BODYCOMBAT Trish	BODYPUMP Michele		BODYSTEP Mary
9:15 AM						BODYCOMBAT Sarah	
10:00 AM							BODYPUMP Bobby
10:30 AM						BODYPUMP Justin	
12:00 PM	ZUMBA Mimi	BODYPUMP Ron	ZUMBA Mimi	BODYPUMP Niki	ZUMBA Mimi		
1:00 PM							BODYPUMP INTRO (1 st Sunday)
5:00 PM	EXPRESS BODYSTEP		EXPRESS BODYSTEP		EXPRESS BODYPUMP		
5:30 PM	BODYPUMP Ron	BODYCOMBAT Dave V	BODYPUMP Kelly	BODYCOMBAT Jamie	EXPRESS BODYSTEP		
6:30 PM	CTY Talia	CIRCUIT Talia	STRONG (HIIT) Talia	MixedFit Joni			
7:30 PM							

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



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.

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 will be offered ONLY on 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!

Circuit Crush your fitness goals in this bootcamp style circuit training class. Engage in a mixture of strength, endurance, agility, cardio & conditioning drills using body weight movement and equipment. Get motivation & accountability through partner activities. Designed with beginner and advanced exercisers in mind.

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, 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 if you are: 1) New to exercise and need to build up your endurance. 2) Short on time and only have 30 minutes to commit. 3) In need of a short strength/endurance session to combine with another cardio class/workout.

MixedFit

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

STRONG

This is NOT a dance fitness class! STRONG by Zumba combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Zumba

Zumba is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

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
108th & Q Street (402) 339-6050**

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!