



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUTLER-GAST
3501 AMES AVE
402-453-8903
www.facebook/bgymca

FITNESS SCHEDULE

November 2011

M	T	W	TH	F	S
ZUMBA 6:15-7:15AM ANITA	BODYVIVE 6:30-7:30AM CHRISTINA	ZUMBA 6:15-7:15AM ANITA	BODYVIVE 6:30-7:30AM CHRISTINA	ZUMBA 6:15-7:15AM ANITA	
6:30-7:30 AM M.O.V.E. HOUSTON	6:30-7:30AM M.O.V.E. HOUSTON	6:30-7:30AM M.O.V.E. HOUSTON	6:30-7:30AM M.O.V.E. HOUSTON	6:30-7:30AM M.O.V.E. HOUSTON	
SILVER SNEAKERS 8:30-9:30AM CHRISTINA		TEEN BODYVIVE 8:30-9:15AM CHRISTINA	SILVER SNEAKERS 8:30-9:30AM DELIA		BODY PUMP 8:30-9:30AM LANITA
BELLY DANCE 9:35-10:40AM MICA			*BELLYFIT* 9:35-10:40AM MICA		STEP/HIP HOP 9:35-11:00AM MARCEY
ULTIMATE COMBO 5:30-6:25PM NICKY	ULTIMATE COMBO 5:40-6:35PM NICKY	BODY PUMP 5:40-6:45PM LANITA	BODY PUMP 5:40-6:35PM SEWA		YOGA 11:15-12:30 DENISE
TaeKwonDo Family 6:30-7:15PM Wilburn	Healthy Families 6:35-8:05pm DELIA	HIP HOP/STEP 6:45-7:45pm MARCEY			
YOGA 7:20-8:30PM DENISE					