



January Group Exercise Schedule

(FS1) - Fitness Studio 1

(FS2) - Fitness Studio 2

(FS3) - Fitness Studio 3

(RC3) Racquetball Court 3

(SP) Small Pool

(LP) Large Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		*BodyPump (FS1) 5:15-6:15am - Mary	*Indoor Cycling (FS3) 5:05-5:50am - Keith	*BodyPump (FS1) 5:15-6:15am - Mary	*Indoor Cycling (FS3) 5:05-5:50am - Keith	*BodyPump (FS1) 5:15-6:15am - Mary	
		*Indoor Cycling (FS3) 5:30-6:15am - Randy	Bootcamp (FS1) 5:30-6:15am - Shelby	*Indoor Cycling (FS3) 5:30-6:15am - Randy	*TRX (FS1) 5:15-6:00am - Jamie	*Indoor Cycling (FS3) 5:30-6:15am - Randy	
6:00am			*Indoor Cycling (FS3) 6:00-6:45am - Casey		*Indoor Cycling (FS3) 6:00-6:45am - Casey		
			CXWORX (FS1) 6:30-7:00am - Jamie		CXWORX (FS1) 6:30-7:00am - Jamie		
7:00am		Beginner TaiChi (FS1) 7:30-8:30am - Miller's	*BodyPump (FS1) 7:30-8:30am - Jamie	Beginner TaiChi (FS1) 7:30-8:30am - Miller's	*BodyPump (FS1) 7:30-8:30am - Jamie	NEW Tabata Flow (FS3) 7:00-7:50am - Jamie	*BodyPump (FS1) 7:30-8:30am - Jamie
						Aqua Zumba (LP) 7:30-8:15am - Mari	*Indoor Cycling (FS3) 7:30-8:15am - Casey
8:00am		Warm Water Aero. (SP) 8:00-9:00am - Claire	Deep Water Aero. (LP) 8:30-9:15am - Linda	Warm Water Aero. (SP) 8:00-9:00am - Claire	Deep Water Aero. (LP) 8:30-9:15am - Linda	Slow & Easy Water (SP) 8:00-9:00am - Ann	Insanity (FS1) 8:30-9:30am - Jamie
		Adv. TaiChi (FS1) 8:30-9:30am - Miller's	Yoga (RC3) 8:30-9:30am - Lynette	Adv. TaiChi (FS1) 8:30-9:30am - Miller's	Yoga (RC3) 8:30-9:30am - Lynette	<i>Tai Chi Practice</i> 8:30-9:30am	*Indoor Cycling (FS3) 8:30-9:30am - Greg
		Water Aero. (LP) 8:30-9:15am - Tracy	*BodyPump (FS1) 8:30-9:30am - Tracy	Water Aero. (LP) 8:30-9:15am - Tracy	*BodyPump (FS1) 8:30-9:30am - Tracy	Deep Water Aero. (LP) 8:30-9:15am - Tracy	Water Aerobics (LP) 8:30-9:30am - Michelle
		*Indoor Cycling (FS3) 8:30-9:15am - Jess		Barre (FS3) 8:30-9:15am - Pam		*Indoor Cycling (FS3) 8:30-9:15am - Jamie	
9:00am	Yoga Core (FS2) 9:30-10:30am - Bridget	Resist-A-Ball (FS1) 9:30-10:00am - Carol	*Indoor Cycling (FS3) 9:00-9:45am - Jess	CXWORX (FS1) 9:30-10:00am - Carol	*Tabata Cycling (FS3) 9:00-9:45am - Erin	Upper Body Cond. (FS1) 9:30-10:00am - Carol	CXWORX (FS1) 9:30-10:00am - Carol
		Insanity (FS3) 9:30-10:30am - Jamie	Pedal for a Purpose (LP) 9:20-9:50am - Linda	Insanity (FS3) 9:30-10:30am - Jamie	Pedal for a Purpose (LP) 9:20-9:50am - Linda	Lower Body Cond. (FS1) 9:30-10:00am - Carol	
			Aqua Yoga (SP) 9:45-10:30am - Lynette		Aqua Yoga (SP) 9:45-10:30am - Lynette		
10:00am	*Indoor Cycling (FS3) 10:00-11:00am - Tom	EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	Boomers Plus (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	Boomers Plus (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	DanceFit (FS1) 10:15-11:15am - Ryan
					Aqua Zumba (LP) 10:30-11:15am - Krissy		NEW Kickboxing (FS1) 10:30-11:30am - Pat
11:00am		Fit 4 Life (FS1) 11:00-12:00am - Judy	Zumba Gold (FS1) 11:05-11:50am - Carol	Fit 4 Life (FS1) 11:00-12:00am - Judy	Fit 4 Life (FS1) 11:00-12:00am - Judy	Fit 4 Life (FS1) 11:00-12:00am - Judy	
		Warm Water Aero. (SP) 11:15-12:00pm - Bonnie	Aqua Toning (SP) 11:15-12:00pm - Cathy	Warm Water Aero. (SP) 11:15-12:00pm - Bonnie	Aqua Toning (SP) 11:15-12:00pm - Cathy	Warm Water Aero. (SP) 11:15-12:00pm - Bonnie	

(*) sign-up at the front desk to reserve your place in the class

(FS1) - Fitness Studio 1

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(RC3) Racquetball Court 3

(SP) Small Pool

(LP) Large Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOON		*BodyPump (FS1) 12:05-1:05pm - Carol	*Indoor Cycling (FS3) 12:05-12:50pm - Greg	*BodyPump (FS1) 12:05-1:05pm - Carol	*Indoor Cycling (FS3) 12:05-12:50pm - Tom	*BodyPump (FS1) 12:05-1:05pm	
1:00pm					Slow & Easy Water (SP) 1:00-1:45pm - Kristy		
4:00pm			CXWORX (FS1) 4:30-5:00pm - Tracy		CXWORX (FS1) 4:30-5:00pm - Tracy		
5:00pm		*Indoor Cycling (FS3) 5:30-6:15pm - Greg *BodyPump (FS1) 5:30-6:30pm - Tracy Yoga (FS2) 5:30-6:30pm - Jai Ram Water Aerobics (LP) 5:30-6:30pm - Michelle	*Indoor Cycling (FS3) 5:30-6:15pm - Kari Zumba Toning (FS1) 5:30-6:15pm - Tiffany	*Indoor Cycling (FS3) 5:30-6:15pm - Joe *BodyPump (FS1) 5:30-6:30pm - Mary Yoga (FS2) 5:30-6:30pm - Jai Ram	*Bootcamp (FS3) 5:30-6:15pm - Christina *BodyPump (FS1) 5:30-6:30pm - Tracy Gentle Yoga (FS2) 5:30-6:30pm - Allie		
6:00pm		DanceFit (FS1) 6:35-7:20pm - Ryan *Begin Cycling (FS3) 6:30-7:00pm - Greg	DanceFit (FS1) 6:35-7:20pm - Ryan	Water Aerobics (LP) 5:30-6:30pm - Michelle	Zumba Step (FS1) 6:35-7:20pm - Tiffany *Begin Cycling (FS3) 6:30-7:00pm - Greg		
7:00pm		Kickboxing (FS1) 7:30-8:30pm - Pat		Kickboxing (FS1) 7:30-8:30pm - Pat			

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Visit www.dubuquey.org for class descriptions and to learn more about the Y!