



# July 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		<b>*BodyPump (FS1)</b> 5:15-6:15am - Mary <b>*Indoor Cycling (FS3)</b> 5:30-6:15am - Christina	<b>*Indoor Cycling (FS3)</b> 5:05-5:50am - Keith <b>Bootcamp (FS1)</b> 5:30-6:15am - Shelby	<b>*BodyPump (FS1)</b> 5:15-6:15am - Mary <b>*Indoor Cycling (FS3)</b> 5:30-6:15am - Casey	<b>*Indoor Cycling (FS3)</b> 5:05-5:50am - Keith <b>*TRX (FS1)</b> 5:15-6:00am - Jamie	<b>*BodyPump (FS1)</b> 5:15-6:15am - Mary <b>*Indoor Cycling (FS3)</b> 5:30-6:15am - Greg	
6:00am			<b>*Indoor Cycling (FS3)</b> 6:00-6:45am - Kayla <b>CXWORX (FS1)</b> 6:30-7:00am - Jamie		<b>*Indoor Cycling (FS3)</b> 6:00-6:45am - Christina <b>CXWORX (FS1)</b> 6:30-7:00am - Jamie		
7:00am		<i>Beginner TaiChi Program Starting Fall 2018 *for more information ask Wellnes Director</i>	<b>*BodyPump (FS1)</b> 7:30-8:30am - Jamie	<i>Beginner TaiChi Program Starting Fall 2018 *for more information ask Wellnes Director</i>	<b>Sunrise Yoga (FS3)</b> 7:00-7:45am - Lindsay <b>*BodyPump (FS1)</b> 7:30-8:30am - Jamie	<b>Tabata Yoga (FS3)</b> 7:00-7:50am - Jamie	<b>*BodyPump (FS1)</b> 7:30-8:30am - Jamie <b>*Indoor Cycling (FS3)</b> 7:30-8:15am - Kayla
8:00am		<b>Warm Water Aero. (SP)</b> 8:00-9:00am - Claire <b>Water Aero. (LP)</b> 8:30-9:15am - Tracy <b>*Indoor Cycling (FS3)</b> 8:30-9:15am - Rotating	<b>Deep Water Aero. (LP)</b> 8:30-9:15am - Linda <b>Yoga (RC3)</b> 8:30-9:30am - Lynette <b>*BodyPump (FS1)</b> 8:30-9:30am - Tracy	<b>Warm Water Aero. (SP)</b> 8:00-9:00am - Claire <b>Water Aero. (LP)</b> 8:30-9:15am - Tracy <b>Barre (FS3)</b> 8:30-9:15am - Pam	<b>Deep Water Aero. (LP)</b> 8:30-9:15am - Linda <b>Yoga (RC3)</b> 8:30-9:30am - Lynette <b>*BodyPump (FS1)</b> 8:30-9:30am - Tracy	<b>Slow &amp; Easy Water (SP)</b> 8:00-9:00am - Ann <b>Deep Water Aero. (LP)</b> 8:30-9:15am - Tracy <b>*Indoor Cycling (FS3)</b> 8:30-9:15am - Jamie	<b>Insanity (FS1)</b> 8:30-9:30am - Jamie <b>*Indoor Cycling (FS3)</b> 8:30-9:30am - Greg <b>Water Aerobics (LP)</b> 8:30-9:30am - Michelle
9:00am	<b>YOGA (FS1)</b> 9:30-10:30am - Mackenzie *Starting July 8th	<b>Resist-A-Ball (FS1)</b> 9:30-10:00am - Carol <b>Insanity (FS3)</b> 9:30-10:30am - Jamie	<b>*Indoor Cycling (FS3)</b> 9:00-9:45am - Erin <b>Pedal for a Purpose (LP)</b> 9:20-9:50am - Linda <b>Aqua Yoga (SP)</b> 9:45-10:30am - Lynette	<b>CXWORX (FS1)</b> 9:30-10:00am - Carol <b>Insanity (FS3)</b> 9:30-10:30am - Jamie	<b>*Tabata Cycling (FS3)</b> 9:00-9:45am - Erin <b>Pedal for a Purpose (LP)</b> 9:20-9:50am - Linda <b>Aqua Yoga (SP)</b> 9:45-10:30am - Lynette	<b>Upper Body Cond. (FS1)</b> 9:00-9:30am - Carol <b>Lower Body Cond. (FS1)</b> 9:30-10:00am - Carol	<b>CXWORX (FS1)</b> 9:30-10:00am - Carol
10:00am		<b>EnhanceFitness (FS1)</b> 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	<b>Boomers Plus (FS1)</b> 10:15-11:00am - Carol	<b>EnhanceFitness (FS1)</b> 10:00-11:00am - Casey <i>Arthirtis Program - registration required</i>	<b>Boomers Plus (FS1)</b> 10:15-11:00am - Carol	<b>EnhanceFitness (FS1)</b> 10:00-11:00am - Jamie <i>Arthirtis Program - registration required</i>	<b>DanceFit (FS1)</b> 10:15-11:15am - Ryan
11:00am		<b>Fit 4 Life (FS1)</b> 11:00-12:00am - Judy <b>Warm Water Aero. (SP)</b> 11:15-12:00pm - Bonnie	<b>Zumba Gold (FS1)</b> 11:05-11:50am - Carol <b>Aqua Toning (SP)</b> 11:15-12:00pm - Cathy	<b>Fit 4 Life (FS1)</b> 11:00-12:00am - Judy <b>Warm Water Aero. (SP)</b> 11:15-12:00pm - Bonnie	<b>Aqua Toning (SP)</b> 11:15-12:00pm - Cathy	<b>Fit 4 Life (FS1)</b> 11:00-12:00am - Judy <b>Warm Water Aero. (SP)</b> 11:15-12:00pm - Bonnie	

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

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOON		<b>*BodyPump (FS1)</b> 12:05-1:05pm - Carol	<b>*Indoor Cycling (FS3)</b> 12:05-12:50pm - Greg	<b>*BodyPump (FS1)</b> 12:05-1:05pm - Carol	<b>*Indoor Cycling (FS3)</b> 12:05-12:50pm - Greg	<b>*BodyPump (FS1)</b> 12:05-1:05pm - Carol/Katie	
1:00pm					<b>Slow &amp; Easy Water (SP)</b> 1:00-1:45pm - Kathy		
4:00pm		<b>Zumba (FS1)</b> 4:30-5:15pm - Mandy	<b>CXWORX (FS1)</b> 4:30-5:00pm - Tracy	<b>Zumba (FS1)</b> 4:30-5:15pm - Mandy	<b>CXWORX (FS1)</b> 4:30-5:00pm - Tracy		
5:00pm		<b>*Indoor Cycling (FS3)</b> 5:30-6:15pm - Greg <b>*BodyPump (FS1)</b> 5:30-6:30pm - Tracy <b>Yoga (FS2)</b> 5:30-6:30pm - Jai Ram <b>Water Aerobics (LP)</b> 5:30-6:30pm - Michelle	<b>Zumba Toning (FS1)</b> 5:30-6:15pm - Tiffany	<b>*Indoor Cycling (FS3)</b> 5:30-6:15pm - Kayla <b>*BodyPump (FS1)</b> 5:30-6:30pm - Mary <b>Yoga (FS2)</b> 5:30-6:30pm - Jai Ram	<b>*Bootcamp (FS3)</b> 5:30-6:15pm - Christina <b>*BodyPump (FS1)</b> 5:30-6:30pm - Carol		
6:00pm			<b>DanceFit (FS1)</b> 6:35-7:20pm - Ryan	<b>Water Aerobics (LP)</b> 6:30-7:15pm - Michelle	<b>PiYo (FS1)</b> 6:35-7:35pm - Tiffany		
7:00pm		<b>Kickboxing (FS1)</b> 7:30-8:30pm - Pat		<b>Kickboxing (FS1)</b> 7:30-8:30pm - Pat			

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Visit [www.dubuquey.org](http://www.dubuquey.org) for class descriptions and to learn more about the Y!