



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

**FITNESS
CLASSES AND
OPEN PM SWIM
AVAILABLE!**

FOR THEIR HEALTH & YOURS

OPEN HOUSE
SEPTEMBER 15
7:00 AM - 11:00 AM

**RECEIVE ONE
MONTH FREE!***
NO ACTIVATION FEE!

\$30 SAVINGS!

(*Valid 9/15/18 only. Valid on new memberships with purchase of paid in full or bank draft membership. See front desk for details.)

DUBUQUE COMMUNITY YMCA/YWCA
35 North Booth Street, Dubuque, Iowa 52001
P 563.556.3371 | www.DubuqueY.org



TRY ONE OF OUR POPULAR WELLNESS CLASSES!

The Dubuque Y offers over 100 classes per week. Classes are included in your membership.

INDOOR CYCLING* Space is limited. Please reserve your spot by calling 563.556.3371
7:30 AM - 8:15 AM | 8:30 AM - 9:30 AM

BODY PUMP Featuring a variety of Instructors using barbells and hand weights to tone and strengthen your entire body
7:30 AM - 8:30 AM

INSANITY A cardio-based total body conditioning workout using Interval training
8:30 AM - 9:00 AM

BOOT CAMP Mix of cardio, Body weight exercises , and hand weights for a all over body conditioning
9:00 AM - 9:30 AM

CXWORX This class is idea if your looking to tone your midsection. Using weights and resistance bands
9:30 AM - 10:00 AM

DANCEFIT This is a great class if you like to torch calories dancing and having fun
10:00 AM - 10:30 AM

BARRE This Ballet inspired workout is designed to produce lean sculpted bodies
10:30 AM - 11:00 AM