



November 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) 5:30-6:15am - Randy	*Indoor Cycling (FS3) 5:05-5:50am - Keith Bootcamp (FS1) 5:30-6:15am - Shelby	*BodyPump (FS1) 5:15-6:15am - Mary *Indoor Cycling (FS1) 5:30-6:15am - Randy	*Indoor Cycling (FS3) 5:05-5:50am - Keith *TRX (FS1) 5:15-6:00am - Jamie	*BodyPump (FS1) 5:15-6:15am - Mary *Indoor Cycling (FS3) 5:30-6:15am - Randy	
6:00am			*Indoor Cycling (FS3) 6:00-6:45am - Kayla CXWORX (FS1) 6:30-7:00am - Jamie		*Indoor Cycling (FS3) 6:00-6:45am Christina CXWORX (FS1) 6:30-7:00am - Jamie		
7:00am		<i>Beginner Tai Chi 7:30-8:30am</i> <i>Advanced Tai Chi 8:30-9:30am</i>	*BodyPump (FS1) 7:30-8:30am - Jamie	<i>Beginner Tai Chi 7:30-8:30am</i> <i>Advanced Tai Chi 8:30-9:30am</i>	Sunrise Yoga (FS3) 7:00-7:45am - Lindsay *BodyPump (FS1) 7:30-8:30am - Jamie	Tabata Yoga (FS1) 7:00-7:50am - Jamie	*BodyPump (FS1) 7:30-8:30am - Jamie *Indoor Cycling (FS3) 7:30-8:15am - Kayla
8:00am		Warm Water Aero. (SP) 8:00-9:00am - Claire Water Aero. (LP) 8:30-9:15am -Tracy *Indoor Cycling (FS3) 8:30-9:15am - Jess	Deep Water Aero. (LP) 8:30-9:15am - Linda Yoga (RC3) 8:30-9:30am - Lynette *BodyPump (FS1) 8:30-9:30am - Tracy	Warm Water Aero. (SP) 8:00-9:00am - Claire Water Aero. (LP) 8:30-9:15am -Tracy Barre Pilates (FS3) 8:30-9:15am - Pam	Deep Water Aero. (LP) 8:30-9:15am - Linda Yoga (RC3) 8:30-9:30am - Lynette *BodyPump (FS1) 8:30-9:30am - Tracy	Slow & Easy Water (SP) 8:00-9:00am - Ann Deep Water Aero. (LP) 8:30-9:15am -Tracy *Indoor Cycling (FS3) 8:30-9:15am - Jamie	Insanity (FS1) 8:30-9:30am - Jamie *Indoor Cycling (FS3) 8:30-9:30am - Greg Water Aerobics (LP) 8:30-9:30am - Michelle
9:00am		Resist-A-Ball (FS1) 9:30-10:00am - Carol Insanity (FS3) 9:30-10:30am - Jamie	*Indoor Cycling (FS3) 9:00-9:45am - Erin Pedal for a Purpose (LP) 9:20-9:50am - Linda Aqua Yoga (SP) 9:45-10:30am - Lynette	CXWORX (FS1) 9:30-10:00am - Carol Insanity (FS3) 9:30-10:30am - Jamie	*Tabata Cycling (FS3) 9:00-9:45am -Erin Pedal for a Purpose (LP) 9:20-9:50am - Linda Aqua Yoga (SP) 9:45-10:30am - Lynette	Upper Body Cond. (FS1) 9:00-9:30am - Carol Lower Body Cond. (FS1) 9:30-10:00am - Carol	CXWORX (FS1) 9:30-10:00am - Carol
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 -Jamie <i>Arthirtis Program - registration required</i>	DanceFit (FS1) 10:15-11:15am - Ryan
11:00am		Fit 4 Life (FS1) 11:00-12:00am - Judy Warm Water Aero. (SP) 11:15-12:00pm - Cathy	Zumba Gold (FS1) 11:05-11:50am - Carol Aqua Toning (SP) 11:15-12:00pm - Cathy	Fit 4 Life (FS1) 11:00-12:00am - Judy Warm Water Aero. (SP) 11:15-12:00pm - Cathy	Aqua Toning (SP) 11:15-12:00pm - Cathy	Fit 4 Life (FS1) 11:00-12:00am - Judy Warm Water Aero. (SP) 11:15-12:00pm - Cathy	

NEW!

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

(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
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 - Carol/Katie	
1:00pm					Slow & Easy Water (SP) 1:00-1:45pm		
4:00pm		Zumba (FS1) 4:30-5:15pm - Mandy	CXWORX (FS1) 4:30-5:00pm - Tracy	Zumba (FS1) 4:30-5:15pm - Mandy	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 - Kayla *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 - Carol		
6:00pm	NEW!	*Beginner cycling(FS3) 6:30-7:15pm Greg	DanceFit (FS1) 6:35-7:20pm - Ryan	Water Aerobics (LP) 6:30-7:15pm - Michelle	Zumba (FS2) 5:30-6:15pm - Tiffany *Beginner cycling(FS3) 6:30-7:15pm Kayla		
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!