



eliminating racism
empowering women
ywcawca

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) 5:30-6:15am - 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) 7:00-8:00am - 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 - Larry 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 *Indoor Cycling (FS3) 8:30-9:15am - Jamie Deep Water Aero. (LP) 8:30-9:15am - Tracy | 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 - Jess 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 Cardio Mix (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 | |

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

(FS1) - Fitness Studio 1

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(SP) Small Pool

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| | 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 | | *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) 6:30-8:00pm - Pat | | Kickboxing (FS1) 6:30-8:00pm - Pat | | | |

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