




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

(\*) 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		<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 - Tom	<b>*BodyPump (FS1)</b> 12:05-1:05pm - Carol/Katie	
1:00pm					<b>Slow &amp; Easy Water (SP)</b> 1:00-1:45pm		
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>*Indoor Cycling (FS3)</b> 5:30-6:15pm - Erin <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>*Beginner cycling(FS3)</b> 6:30-7:15pm Greg <b>Kickboxing (FS1)</b> 6:30-8:00pm - Pat	<b>DanceFit (FS1)</b> 6:35-7:20pm - Ryan	<b>Water Aerobics (LP)</b> 6:30-7:15pm - Michelle <b>Kickboxing (FS1)</b> 6:30-8:00pm - Pat	<b>Zumba (FS2)</b> 5:30-6:15pm - Tiffany <b>*Beginner cycling(FS3)</b> 6:30-7:15pm Kayla		
7:00pm							

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