



June 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	Bootcamp (FS1) 5:30-6:15am - Shelby	*BodyPump (FS1) 5:15-6:15am - Mary	*TRX (FS1) 5:15-6:00am - Jamie	*BodyPump (FS1) 5:30-6:15am - Mary	
		*Indoor Cycling (FS3) 5:30-6:15am - Christina	*Indoor Cycling (FS3) 5:30-6:15am - Alt. inst.	*Indoor Cycling (FS1) 5:30-6:15am - Kayla	*Indoor Cycling (FS3) 5:30-6:15am - Alt.Inst.		
6:00am			** Core and More (FS1) 6:30-7:15am - Jamie		**Core and More (FS1) 6:30-7:15am - Jamie		
7:00am		Beginner Tai Chi 7:30-8:30am - Miller	*BodyPump (FS1) 7:30-8:30am - Jamie	Beginner Tai Chi 7:30-8:30am - Miller	*BodyPump (FS1) 7:30-8:30am - Jamie	Tabata Yoga (FS1) 7:00-8:00am - Jamie	*BodyPump (FS1) 7:30-8:30am - Kayla/Carol
		Advanced Tai Chi 8:30-9:30am - Miller		Advanced Tai Chi 8:30-9:30am - Miller			
8:00am		Warm Water Aero. (SP) 8:00-9:00am - Claire	Deep Water Aero. (LP) 8:30-9:15am - Larry	Warm Water Aero. (SP) 8:00-9:00am - Larry	Deep Water Aero. (LP) 8:30-9:15am - Larry	*Indoor Cycling (FS3) 8:30-9:15am - Jamie	Cardio Blast (FS1) 8:30-9:30am - Jamie
		Water Aero. (LP) 8:30-9:15am -Tracy	Yoga (RC3) 8:30-9:30am - Lynette	Water Aero. (LP) 8:30-9:15am -Tracy	Yoga (RC3) 8:30-9:30am - Lynette	Deep Water Aero. (LP) 8:30-9:15am - Tracy	*Indoor Cycling (FS3) 8:30-9:30am - Greg
			*BodyPump (FS1) 8:30-9:30am - Tracy	Barre Pilates (FS3) 8:30-9:15am - Pam	*BodyPump (FS1) 8:30-9:30am - Tracy		Water Aerobics (LP) 8:30-9:30am - Michelle
9:00am		Resist-A-Ball (FS1) 9:30-10:00am - Carol	*Indoor Cycling (FS3) 9:00-9:45am - Jess	Cardo Blast(FS3) 9:30-10:30am - Jamie	*Tabata Cycling (FS3) 9:00-9:45am -Erin	Upper Body Cond. (FS1) 9:00-9:30am - Carol	
		Cardio Blast (FS3) 9:30-10:30am - Jamie	Pedal for a Purpose (LP) 9:20-9:50am - Larry	Zumba gold (FS1) 9:30-10:00am - Carol	Pedal for a Purpose (LP) 9:20-9:50am - Larry	Lower Body Cond. (FS1) 9:30-10:00am - Carol	
			Aqua Yoga (SP) 9:45-10:30am - Lynette		Aqua Yoga (SP) 9:45-10:30am - Lynette		
10:00am		EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	Chair Fit (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	Chair Fit (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol <i>Arthirtis Program - registration required</i>	
11:00am		Fit 4 Life (FS1) 11:00-12:00am - Judy	Aqua Toning (SP) 11:00-11:45am - Cathy	Fit 4 Life (FS1) 11:00-12:00am - Judy	Aqua Toning (SP) 11:00-11:45am - Cathy	Fit 4 Life (FS1) 11:00-12:00am - Judy	
		Water Aerobics (SP) 11:00-11:45am - Cathy		Water Aerobics (SP) 11:00-11:45am - Cathy		Water Aerobics (SP) 11:00-11:45am - Cathy	

(FS1) - Fitness Studio 1



(FS2) - Fitness Studio 2

(FS3) - Fitness Studio 3

(RC3) Racquetball Court 3

(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 - Greg  **Total Sculpt (FS1) 12:15-1:00pm - Tracy	*BodyPump (FS1) 12:05-1:05pm - Carol/Katie	
1:00pm							
4:00pm		Zumba (FS1) 4:30-5:15pm - Mandy		Zumba (FS1) 4:30-5:15pm - Mandy			
5:00pm		*Indoor Cycling (FS3) 5:30-6:30pm - Greg *BodyPump (FS1) 5:30-6:30pm - Tracy Yoga (FS2) 5:30-6:30pm - Jai Ram Water Aerobics (LP) 5:30-6:30pm - Michelle	 **Core Power (FS1) 5:00-5:30pm - Tracy *Indoor Cycling (FS3) 5:30-6:15pm - Erin 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			
6:00pm		Kickboxing (FS1) 6:30-8:00pm - Pat		Water Aerobics (LP) 6:30-7:15pm - Michelle Kickboxing (FS1) 6:30-8:00pm - Pat	Zumba (FS1) 5:30-6:15pm - Tiffany		
7:00pm							

(*) Limited Equipment Available

(**) 52/12 Challenge classes will change on a monthly basis starting June 10th thru August 31st.

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