



eliminating racism
empowering women
ywcawisconsin.org

SEPTEMBER – 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 - Jamie *Indoor Cycling (FS3) 5:30-6:15a-Christina	Bootcamp (FS1) 5:30-6:15am - Shelby	*BodyPump (FS1) 5:15-6:15am - Kayla *Indoor Cycling (FS1) 5:30-6:15am - Keith	TRX (FS1) 5:15-6:00am - Jamie	*BodyPump (FS1) 5:15-6:15am - Jamie	
6:00am			*Indoor Cycling (FS3) 6:00-6:45am - Kayla Core and More (FS1) 6:30-7:10am - Carol		*Indoor Cycling (FS3) 6:00-6:45a-Christina		
7:00am		Beginner Tai Chi (FS1) 7:30-8:30am - Miller	*BodyPump (FS1) 7:30-8:30am - Mary	Beginner Tai Chi (FS1) 7:30-8:30am - Miller	*BodyPump (FS1) 7:30-8:30am - Mary		*BodyPump (FS1) 7:30-8:30am -Carol *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 Advanced Tai Chi (FS1) 8:30-9:30am - Miller *Indoor Cycling (FS3) 8:30-9:15am - Casey	Deep Water Aero. (LP) 8:30-9:15a-Linda/Larry Yoga (RC3) 8:30-9:30am - Lynette *BodyPump (FS1) 8:30-9:30am - Tracy	Warm Water Aero. (SP) 8:00-9:00am - Larry Water Aero. (LP) 8:30-9:15am -Tracy Advanced Tai Chi (FS1) 8:30-9:30am - Miller Barre Pilates (FS3) 8:30-9:15am - Pam	Deep Water Aero. (LP) 8:30-9:15a-Linda/Larry Yoga (RC3) 8:30-9:30am - Lynette *BodyPump (FS1) 8:30-9:30am - Tracy	Warm Water Aero. (SP) 8:00-9:00am - Larry *Indoor Cycling (FS3) 8:30-9:15am - Jess Deep Water Aero. (LP) 8:30-9:15am - Tracy	Insanity (FS1) 8:30-9:30am-Tracy *Indoor Cycling (FS3) 8:30-9:30am - Greg Water Aerobics (LP) 8:30-9:30am - Michelle
		Resist-A-Ball (FS1) 9:30-10:00am - Carol Pilates and More (FS3) 9:30-10:15a-Mary Jo	*Indoor Cycling (FS3) 9:00-9:45am - Jess Pedal for a Purpose (LP) 9:20-9:50a-Linda/Larry Aqua Yoga (SP) 9:45-10:30am - Lynette	Zumba gold (FS1) 9:30-10:00am - Carol Pilates and More (FS3) 9:30-10:15a-Mary Jo	*Tabata Cycling (FS3) 9:00-9:45am -Erin Pedal for a Purpose (LP) 9:20-9:50a-Linda/Larry 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	
		EnhanceFitness (FS1) 10:00-11:00am - Carol	Chair Fit (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol/Erin	Chair Fit (FS1) 10:15-11:00am - Carol	EnhanceFitness (FS1) 10:00-11:00am - Carol	
NOON		Fit 4 Life (FS1) 11:00-12:00am - Judy Water Aerobics (SP) 11:00-11:45am - Cathy	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	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	
		*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	*BodyPump (FS1) 12:05-1:05pm - Katie	

(*) Limited Equipment Available



ADMINISTRATIVE PARTNER
YWCA

(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
4:00pr		Zumba (FS1) 4:30-5:15pm - Mandy	Core Strength (FS1) 4:30-5:00pm - Tracy	Zumba (FS1) 4:30-5:15pm - Mandy	Core Strength (FS1) 4:30-5:00pm - Tracy		
5:00pm		*Indoor Cycling (FS3) 5:30-6:30pm - Greg	*Indoor Cycling (FS3) 5:30-6:15pm - Erin	*Indoor Cycling (FS3) 5:30-6:15pm - Kayla	Zumba (FS1) 5:30-6:15pm - Tiffany		
		*BodyPump (FS1) 5:30-6:30pm - Tracy	Zumba Toning (FS1) 5:30-6:15pm - Tiffany	*BodyPump (FS1) 5:30-6:30pm - Alt. Inst			
		Yoga (FS2) 5:30-6:15pm - Jai Ram		Yoga (FS2) 5:30-6:15pm - Jai Ram			
6:00pm		Water Aerobics (LP) 5:30-6:30pm - Michelle					
		Kickboxing (FS1) 6:30-8:00pm - Pat		Water Aerobics (LP) 6:00-6:45pm - Michelle			
				Kickboxing (FS1) 6:30-8:00pm - Pat			

(*) Limited Equipment Available

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