

GROUP EXERCISE SCHEDULE – DBQ Y (Effective 6/30/2021)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15a BodyPump Jamie (FS1)	5:15-6:00a Cycling Christina(FS3)	5:15-6:15a BodyPump Kayla (FS1)	5:15-6:00a Cycling Kayla (FS3)	5:15-6:15a BodyPump Jamie (FS1)	
6:00-6:45a Cycling Kayla (FS3)	6:15-7:00a BootCamp Shelby (FS1)		6:15-7:00a BootCamp Shelby (FS1)		
	7:30-8:30a BodyPump Tracy (FS1)	7:30-8:15a Yoga Krissy (FS1)	7:30-8:30a BodyPump Tracy (FS1)		7:30-8:30a Bodypump Tracy (FS1)
8:30-9:15a Barre Pilates Pam (FS1)	8:30-9:15a Pilates & More Mary Jo K. (FS1)	8:30-9:15a Barre Pilates Pam (FS1)	8:30-9:15a Pilates & More Mary Jo K. (FS1)		8:00-8:45a Cycling Greg (FS3)
		8:30-9:15a Cycling Erin (FS3)			9:00-9:45a Zumba Tiffany (Virtual)
				9:15-10:00a Full Body Strength Carol (FS1)	
10:00-10:45a Young at Heart Carol (FS1)		10:00-10:45a Young at Heart Carol (FS1)		10:00-10:45a Young at Heart Carol (FS1)	
12:05-1:05p BodyPump Carol (FS1)	12:05-1:00p Cycling Greg (FS3)	12:05-1:05p BodyPump Carol (FS1)	12:05-1:00p Cycling Greg (FS3)	12:05-1:05p BodyPump Katie (FS1)	
					SUNDAY
	4:30-5:15p Zumba Tiffany (FS1)		4:30-5:15p Zumba Tiffany (FS1)		
5:30-6:30p BodyPump Tracy (FS1)	5:30-6:30p Yoga Jai Ram (FS1)	5:30-6:30p BodyPump Carol (FS1)	5:30-6:30p Yoga Jai Ram (FS1)		
	5:30-6:15p Cycling Kayla (FS3)				

CLASS COLOR CODE:

Cycle	Mind/Body
Cardio/Dance	Active Older Adult
Strength	Virtual

CLASS LOCATIONS:
 (FS1) – Fitness Studio 1
 (FS3) – Fitness Studio 3
 Virtual Classes take place on our wellness Facebook group: **Dubuque Y Health and Wellness Community**

WATER CLASSES

(SP) - Small Pool

(LP) - Large Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00a Warm Water Aero. Claire (SP)		8:00-9:00a Warm Water Aero. Claire (SP)			8:30-9:15a Water BootCamp Michelle (LP)
8:30-9:15a Water Areobics Tracy (LP)	8:30-9:15a Deep Water Aero. Linda (LP)	8:30-9:15a Water Areobics Tracy (LP)	8:30-9:15a Deep Water Aero. Linda (LP)	8:30-9:15a Water Areobics Tracy (LP)	
11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Aqua Toning Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	11:00-11:45a Aqua Toning Cathy (SP)	11:00-11:45a Warm Water Aero. Cathy (SP)	
5:45-6:30p Water BootCamp Michelle (LP)		5:45-6:30p Water BootCamp Michelle (LP)			
					SUNDAY

CLASS DESCRIPTIONS:

Aqua Toning	This warm water workout improves strength while incorporating full body movements.
Barre Pilates	This workout combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
BodyPump	Fun, energizing barbell program that will improve general fitness, as well as, shape and tone muscles.
Bootcamp	Take your cardio workout to the next level by incorporating full body moves that promote endurance, strength, and stamina.
Cycling	Jump on a bike and pedal your way to a great cardio workout that promotes strength and endurance.
Deep Water Aerobics	A no-impact class that utilizes belts and noodles for stabilization in deep water. Floatation belts provided but not required.
Insanity	This total body workout that requires no equipment. Using interval training, you exercise at a very intense pace for a short period of time, and then rest for longer period of time in between circuits.
Full Body Strength	This 45 minute class works you from head to toe. It includes low impact cardio, upper body strength and lower body core work.
Pilates & More	This mat class is a series of floor exercises designed to realign and strength your body while concentrating on your abdominal muscles and core.
Tabata Cycle	This cycling workout consist of interval training to push your endurance and cardio exercise to the next level.
Warm Water Aerobics	This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.
Water Aerobics	A complete water workout in shallow and deep water. You will experience aerobic exercises, strength, and core stability moves.
Yoga	Method of learning that combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body.
Zumba	Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.
Young at Heart	Designed for beginners and the "young at heart". This gentle on the joints class includes light cardio, strength training, balance and stretching.