

GROUP EXERCISE SCHEDULE – DBQ Y (MARCH 2023)


*****There will no class for Meditation for Stress & Anxiety on March 21 & 23*****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:15a Body Pump Kayla (FS1)	5:15 – 6:00a Cycling Kayla (FS3)	5:15 – 6:15a Body Pump Kayla (FS1)	5:15 – 6:00a Cycling Kayla (FS3)		
6:20-7:10a Cycling Kayla (FS3)	6:15-7:00a Functional Strength & Conditioning Shelby (FS1)	6:20-7:10a Cycling Kayla (FS3)	6:15-7:00a Functional Strength & Conditioning Shelby (FS1)		
	7:30-8:30am Tai Chai Jim (FS2)		7:30-8:30am Tai Chai Jim (FS2)		Body Pump 7:30-8:30a Carol (FS1)
8:00-9:00a Yoga Jai Ram (FS1)	7:15-8:15a Body Pump Tiffany (FS2)	8:00-9:00a Yoga Jai Ram (FS1)	7:15-8:15a Body Pump Tiffany (FS2)	8:00-9:00a Yoga Jai Ram (FS1)	8:30-9:15a Cycling Greg (FS3)
	8:30-9:15a Pilates & More Mary Jo K. (FS1)		8:30-9:15a Pilates & More Mary Jo K. (FS1)		
9:15-10:00a Full Body Strength Carol (FS1)	9:30-10:30a Zumba Stacy (FS1)		9:30-10:30a Zumba Stacy (FS1)	9:15-10:00a Full Body Strength Carol (FS1)	
9:00-9:45a Cycling Erin (FS3)			9:00-9:45a Cycling Erin (FS3)		
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)	
	12:00-12:30p Meditation for stress & anxiety Addie (FS1)		12:00-12:30p Meditation for stress & anxiety Addie (FS1)		
12:05-1:05p Body Pump Carol (FS1)	12:00-12:45p Cycling Greg (FS3)	12:05-1:05p Body Pump Carol (FS1)	12:00-12:45p Cycling Greg (FS3)	12:05-1:05p Body Pump Katie (FS1)	9:00-10:00a Cycling (FS3)
5:30-6:20p Zumba Tiffany (FS1)	4:15-5:15p Yoga Jai Ram (FS1)	5:30-6:20p Zumba Tiffany (FS1)	4:15-5:15p Yoga Jai Ram (FS1)		
5:30-6:30p Kickboxing Pat (FS2)			5:30-6:30p Kickboxing Pat (FS1)		
5:30-6:25p Beginners Cycling Greg (FS3)	5:30-6:25p Cycling Kaylie (FS3)	5:30-6:25p Beginners Cycling Greg (FS3)	5:30-6:25p Cycling Kaylie (FS3)		
6:30-7:30p Body Pump (FS1)		6:30-7:30p Body Pump Carol (FS1)			

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 & Descriptions 

WATER CLASSES

(SP) – Small Pool

(LP) – Large Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00a Warm Water Aerobics Teresa (SP)		8:00-9:00a Warm Water Aerobics Teresa (SP)		8:00-9:00a Warm Water Aerobics Teresa (SP)	
8:30-9:15a Water Aerobics Chris (LP)	8:30-9:15a Deep Water Aero Linda (LP)	8:30-9:15a Water Aerobics Chris (LP)	8:30-9:15a Deep Water Aero Linda (LP)		8:30-9:15a Water BootCamp Michelle (LP)
	9:15-9:50a Water Bike (LP) Linda		9:15-9:50a Water Bike (LP) Linda		
11:00-12:00p Water Aerobics Cathy (SP)	11:00-11:45 Aqua Toning Cathy (SP)	11:00-12:00p Water Aerobics Cathy (SP)	11:00-11:45 Aqua Toning Cathy (SP)	11:00-12:00p Warm Water Aerobics Cathy (SP)	
					Sunday
5:15-6:00p Water BootCamp Michelle (LP)		5:15-6:00p Water BootCamp Michelle (LP)			

CLASS DESCRIPTIONS:

Aqua Toning	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.
Body Pump	Fun, energizing barbell program that will improve general fitness, as well as shape and tone muscles.
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.
Functional Strength & Conditioning	Mixture of high intensity intervals, core work and dynamic, full body movements using free weights or bodyweight. Focus on form, balance, and movements that will improve the body's ability to perform everyday functions.
Full Body Strength	This is a total body workout that incorporates low impact cardio, upper and lower body strength as well as core.
Kickboxing	We practice punching and kicking drills on pads. This improves balance, coordination, flexibility and endurance while developing practical self-defense skills.
Meditation for stress & anxiety	This is a communication of ancient wisdom to calm the nervous system, open the heart and connect the student deeper with themselves and the world around them. Trying to achieve a more emotionally balanced and clear way of life. Resting the nervous system with our settled minds will help us to cultivate a more peaceful state of living freely within the present moment. Finding our own personal center helps to quiet the noise of the outside world and truly HEAR the calling of our inner being that will guide us to the path of least resistance to our higher self.
Pilates	This mat class is a series of floor exercises designed to realign and strengthen your body while concentrating on your abdominal muscles and core.
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 exercise, strength and core stability moves.
Water Boot Camp	A complete high energy water workout in shallow and deep water. You will experience aerobic exercise, 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.
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.
Zumba	Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.