


# GROUP EXERCISE SCHEDULE – DBQ Y (NOVEMBER 2023)

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)		
	7:15-8:15a Body Pump Tiffany (FS1)		7:15-8:15a Body Pump Tiffany (FS1)		
	7:30-8:30am Tai Chai Jim (FS2)		7:30-8:30am Tai Chai Jim (FS2)		Body Pump 7:30-8:30a Mixed (FS1)
8:00-9:00a Yoga Jai Ram (FS1)		8:00-9:00a Yoga Jai Ram (FS1)		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)		8:40-9:30a BodyBalance Tiffany (FS1)
9:15-10:00a Full Body Strength Pam (FS1)	9:30-10:30a Zumba Stacy (FS1)	9:15-10:00a Full Body Strength Pam (FS1)	9:30-10:30a Zumba Stacy (FS1)		
			9:00-9:45a Cycling Erin (FS3)		
10:00-10:45a Young at Heart Erin (FS1)		10:00-10:45a Young at Heart Stacy (FS1)		10:00-10:45a Young at Heart Stacy (FS1)	
					<b>Sunday</b>
12:05-1:05p Body Pump Mary Jo (FS1)	12:00-12:45p Cycling Greg (FS3)	12:05-1:05p Body Pump Tiffany (FS1)	12:00-12:45p Cycling Greg (FS3)	12:05-1:05p Body Pump Katie (FS1)	9:00-10:00a Cycling Greg (FS3)
	5:15-6:15p Yoga Jai Ram (FS1)		5:15-6:15p Yoga Jai Ram (FS1)		
5:30-6:20p Zumba Tiffany (FS1)		5:30-6:20p BodyBalance Tiffany (FS1)			
5:30-6:25p Cycling Greg (FS3)		5:30-6:25p Cycling Greg (FS3)			
6:30-7:30p Body Pump Katie/ Mary Jo (FS1)	6:30-7:30p Kickboxing Pat (FS1)	6:30-7:30p Body Pump Mary Jo/ Katie (FS1)	6:30-7:30p Kickboxing Pat (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)	
5:15-6:00p Water BootCamp Michelle (LP)		5:15-6:00p Water BootCamp Michelle (LP)			

**Sunday**

## 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.
BodyBalance	BodyBalance is a calming class infused with moves from yoga, tai chi and pilates to build whole-body strength, centre your chi and relieve stress
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.
Body Fit	Get a great full body workout in just 30 minutes! Body Fit is a mixture of high intensity intervals, core work and dynamic, full body movements using free weights and bodyweight.
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.
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.