

GROUP EXERCISE SCHEDULE – DBQ Y (July 2024)

*****Outdoor Class offerings (WEATHER PENDING): 9:30am Zumba, Thursday 7/4 & 8:40am Body Balance Saturday, 7/6*****

*****4th of July Classes Offered: 7:15am Body Pump and 9:30am Zumba*****

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)		
	7:00-8:00am Body Pump Tiffany (FS1)		7:00-8:00am 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 (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 Les Mills Body Balance 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 Erin (FS1)	9:30-10:30a Zumba Stacy (FS1)		
			9:15-10:00a Cycling Erin (FS3)		
10:00-10:45a Young at Heart Stacy (FS1)		10:00-10:45a Young at Heart Erin (FS1)		10:00-10:45a Young at Heart Stacy (FS1)	
12:00-1:00p Body Kraft Fusion Kim (FS1)		12:00-1:00p Les MillsTone Mary Jo S. (FS1)		12:05-1:05p Body Pump Katie (FS1)	
	12:00-12:45p Cycling Greg (FS3)		12:00-12:45p Cycling Greg (FS3)		
5:30-6:20p Zumba Nicole (FS1)		5:30-6:20p Les Mills Body Balance Tiffany (FS1)			
5:30-6:25p Cycling Greg (FS3)					
6:30-7:20p Les Mills Body Pump Mary Jo (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 Kim (LP)	8:30-9:15a Deep Water Aero Linda (LP)	8:30-9:15a Water Aerobics Kim (LP)	8:30-9:15a Deep Water Aero Linda (LP)	8:30-9:15a Water Aerobics Kim (LP)	8:15-9:00a Water Boot Camp 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)	11:00-11mount pleasant:45a Aqua Toning Cathy (SP)	11:00a-12:00p Water Aerobics Cathy (SP)	11:00-11:45a Aqua Toning Cathy (SP)	11:00-12:00p Warm Water Aerobics Cathy (SP)	
5:30-6:15p Water Boot Camp Michelle (LP)		5:30-6:15p Water Boot Camp 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 by Les Mills	Fun, energizing barbell program that will improve general fitness, as well as shape and tone muscles.
Body Balance by Les mills	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
Body Kraft Fusion	Are you ready to redefine your physique and sculpt every inch of your body? Join our revolutionary New class, "BodyCraft Fusion," where we blend the power of traditional weights with the dynamic challenge of bodyweight exercises. Benefits: Target every muscle group for a complete, head-to-toe sculpting. Maximize your results with efficient, high-intensity sessions that fit into your busy schedule. Achieve a harmonious balance of strength and flexibility, unlocking your body's full potential.
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.
Tone by Les Mills	This class consists of a challenging mix of lunges, squats, functional training and tubing exercises which will help you burn calories and take your fitness 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 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.