



GROUP EXERCISE SCHEDULE (APRIL 2025)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15 – 6:15am Body Pump Kayla	5:15 – 6:00am Cycling Christina	5:15 – 6:15am Body Pump Carol	5:15 – 6:00am Cycling Kayla	5:15 – 6:15am Body Pump Carol	
	7:15-8:00am Body Pump Tiffany		7:15-8:00am Body Pump Tiffany		
	7:30-9:00am Tai Chi Jim (Multi-Purpose Studio)		7:30-9:00am Tai Chi Jim (Multi-Purpose Studio)		7:30-8:30a Body Pump
8:00-9:00am Yoga Jai Ram		8:00-9:00am Yoga Jai Ram		8:00-9:00am Yoga Jai Ram	8:30-9:15am Cycling Greg
	8:30-9:15am Pilates & More Mary Jo K.		8:30-9:15am Pilates & More Mary Jo K.		8:45-9:45am Gentle Flow Yoga Bethany
9:15-10:00am Full Body Strength Pam	9:30-10:30am Zumba Stacy	9:15-10:00am Full Body Strength Carol	9:30-10:30am Zumba Stacy	9:15-10:00am Full Body Strength Carol	
			9:15-10:00am Cycling Erin		
10:05-10:50am Young at Heart Stacy		10:05-10:50am Young at Heart Erin		10:05-10:50am Young at Heart Stacy	9:00-10:00am Yoga Jai Ram
12:00-1:00pm Body Craft Fusion Kim	12:00-12:45pm Cycling Greg	12:05-1:05pm Body Pump Mary Jo S.	12:00-12:45pm Cycling Greg	12:05-1:05pm Body Pump Katie	10:00-11:00am Cycling Greg
5:30-6:20pm Zumba Nicolle		5:30-6:20pm Body Balance Tiffany			
5:30-6:25pm Beginners Cycling Greg	5:30-6:30pm Gentle Flow Yoga Bethany	5:30-6:30pm Cycling Greg	5:30-6:30pm Zumba Nicolle		
6:30-7:20pm Body Pump Mary Jo	6:40-7:40pm Kickboxing Pat		6:40-7:40pm Kickboxing Pat		

SUNDAY

All classes (except for Cycling in the Cycling Studio) take place in the Group Exercise Studio on the second floor, unless otherwise stated.

Join our **Facebook group (Dubuque Y Health and Wellness Community)** for updates, class cancellations, community, and more!



WATER CLASSES

(SP) – Small Pool

(LP) – Large Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am Warm Water Aerobics Teresa (SP)		8:00-9:00am Warm Water Aerobics Teresa (SP)		8:00-9:00am Warm Water Aerobics Teresa (SP)	
8:30-9:15am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:15am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:15am Aqua Fitness Kim (LP)	8:15-9:00am Water Boot Camp Michelle (LP)
9:15-10:00am Water Fitness Member Led (LP)	9:15-9:50am Water Cycling Linda (LP)	9:15-10:00am Water Fitness Member Led (LP)	9:15-9:50am Water Cycling Linda (LP)	9:15-10:00am Water Fitness Member Led (LP)	
11:00-12:00pm Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00a-12:00pm Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00-12:00pm Warm Water Aerobics Cathy (SP)	
5:30-6:15pm Water Boot Camp Michelle (LP)		5:30-6:15pm Water Boot Camp Michelle (LP)			