



# GROUP EXERCISE SCHEDULE - JULY 2025

SUMMER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 – 6:15am <b>Body Pump with Carol</b>	5:15 – 6:00am <b>Cycling with Christina</b>	5:15 – 6:15am <b>Body Pump with Carol</b>	5:15 – 6:00am <b>Cycling with Kayla</b>	5:15 – 6:15am <b>Body Pump - Member Led</b>
	7:00 – 7:50am <b>Body Pump with Tiffany</b>		7:00 – 8:00am <b>Body Pump with Mary Jo S</b>	
8:00-9:00am <b>Yoga with Jai Ram</b>		8:00-9:00am <b>Yoga with Jai Ram</b>		8:00-9:00am <b>Yoga with Jai Ram</b>
	8:30-9:15am <b>Pilates &amp; More w/ Mary Jo K.</b>		8:30-9:15am <b>Pilates &amp; More w/ Mary Jo K.</b>	
9:15-10:00am <b>Full Body Strength w/ Pam</b>		9:15-10:00am <b>Full Body Strength w/ Carol</b>	9:15-10:00am <b>Cycling with Erin</b>	9:15-10:00am <b>Full Body Strength w/Shelby</b>
10:05-10:50am <b>Young at Heart with Stacy</b>	9:30-10:30am <b>Zumba with Stacy</b>	10:05-10:50am <b>Young at Heart with Erin</b>	9:30-10:30am <b>Zumba with Stacy</b>	10:05-10:50am <b>Young at Heart with Stacy</b>
	11:00-11:45am <b>Strength in Motion w/ Carol</b>			
	12:00-12:45pm <b>Cycling with Greg</b>		12:00-12:45pm <b>Cycling with Greg</b>	
12:05-1:05pm <b>Body Craft Fusion w/ Carol</b>		12:05-1:05pm <b>Body Pump w/ Mary Jo S.</b>		12:05-1:05pm <b>Body Pump with Katie</b>
	5:30-6:30pm <b>Gentle Flow Yoga w/ Bethany</b>	5:30-6:20pm <b>Body Balance with Tiffany</b>		
5:30-6:25pm <b>Cycling with Greg</b>				
6:30-7:20pm <b>Body Pump with Mary Jo K.</b>				
				<b>SATURDAY</b>
				7:30-8:30am <b>Body Pump</b>
				8:30-9:15am <b>Cycling with Greg</b>
				8:45-9:45am <b>Gentle Flow Yoga w/ Bethany</b>



All classes take place in the Group Exercise Studio on the second floor.  
Cycling takes place in the Cycling Studio and Tai Chi takes place in the Multi-Purpose (MP) Studio.

Scan the code to join our Facebook group-Dubuque Y Health and Wellness Community! Join the page for updates, class cancellations, community, and more!

## SUNDAY

10:00-11:00am  
**Cycling with Greg**

## WATER EXERCISE SCHEDULE

(SP) – Small Pool (LP) – Large Pool

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