



GROUP EXERCISE SCHEDULE-MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Christina	5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Kayla	5:15 – 6:15am Body Pump - Member Led
	7:10 – 8:00am Body Pump with Tiffany		7:00 – 8:00am Body Pump with Mary Jo S	
8:00-9:00am Yoga with Jai Ram	7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim	8:00-9:00am Yoga with Jai Ram	7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim	8:00-9:00am Yoga with Jai Ram
	8:30-9:15am Pilates & More w/ Mary Jo K.		8:30-9:15am Pilates & More w/ Mary Jo K.	
9:15-10:00am Full Body Strength w/ Pam		9:15-10:00am Full Body Strength w/ Carol	9:15-10:00am Cycling with Erin	9:15-10:00am Full Body Strength w/Shelby
10:05-10:50am Young at Heart with Stacy	9:30-10:30am Zumba with Stacy	10:05-10:50am Young at Heart with Erin	9:30-10:30am Zumba with Stacy	10:05-10:50am Young at Heart with Stacy
	12:00-12:45pm Cycling with Greg		12:00-12:45pm Cycling with Greg	
12:05-1:05pm Body Craft Fusion w/ Carol	12:05-1:05pm Strength in Motion w/ Carol	12:05-1:05pm Body Pump w/ Mary Jo S.		12:05-1:05pm Body Pump with Katie
5:30-6:20pm Zumba with Nicolle	5:30-6:30pm Gentle Flow Yoga w/ Bethany	5:30-6:20pm Body Balance with Tiffany	5:30-6:20pm Zumba with Nicolle	SATURDAY
5:30-6:25pm Cycling with Greg				7:30-8:30am Body Pump
6:30-7:20pm Body Pump with Mary Jo K.	6:40-7:40pm Kickboxing with Pat		6:40-7:40pm Kickboxing with Pat	8:30-9:15am Cycling with Greg
				8:45-9:45am Gentle Flow Yoga w/ Bethany



All classes take place in the Group Exercise Studio on the second floor.
Cycling takes place in the Cyling 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 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)
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)
11:00am-NOON Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00am-NOON Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00am-NOON Warm Water Aerobics Cathy (SP)
				SATURDAY
5:30-6:15pm Water Boot Camp Michelle (LP)		5:30-6:15pm Water Boot Camp Michelle (LP)		8:15-9:00am Water Boot Camp Michelle (LP)