



GROUP EXERCISE SCHEDULE (MAR 2025)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15 – 6:15am Body Pump Carol	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 (STARTS 3/21)	
	7:00-8:00am Body Pump Carol		7:00-8:00am Body Pump Mary Jo S.		
	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	10:00-11:00am Cycling Greg
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	
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)	
5:15-6:00pm Water Boot Camp Michelle (LP)		5:15-6:00pm Water Boot Camp Michelle (LP)			

CLASS DESCRIPTIONS

Aqua Fitness	Full-body water workout that combines aerobic exercise, strength training, Pilates, and yoga in both shallow and deep water. This low-impact, yet effective class, enhances cardiovascular endurance, stamina, builds muscle strength, improves flexibility and balance, and promotes relaxation—all while reducing stress on the joints. Perfect for all fitness levels!
Aqua Toning	Fun, energetic, full-body workout set to music in warm water. Designed for all fitness levels, this low-impact class uses water resistance to sculpt and tone every muscle while enhancing strength, endurance, and flexibility. Enjoy a refreshing, joint-friendly workout that leaves you feeling strong and invigorated!
Body Pump	Fun and energizing barbell workout designed for all fitness levels. This full-body strength training program helps improve overall fitness while shaping, toning, and strengthening muscles. Whether you're a beginner or experienced, you can adjust the weights to match your level and build strength at your own pace!
Body Balance	Body Balance is a calming and empowering class that blends movements from Yoga, Tai Chi, and Pilates to build strength, improve flexibility, balance and enhance overall well-being. Designed for all levels, this mindful practice helps center your energy, relieve stress, and create a deep connection between body, mind, and breath.
Body Kraft Fusion	Are you ready to redefine your physique and sculpt every inch of your body? Join our revolutionary New class, "Body Craft 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	Experience an energizing and low-impact workout with our Cycling Class, perfect for all fitness levels! Whether you're a beginner or an experienced rider, you control the resistance and intensity, making it a great option for everyone. This high-energy class improves cardiovascular health, builds lower & upper body strength, burns calories, and boosts stamina endurance—all while having fun to motivating music.

Deep Water Aerobics	Refreshing, Low-Impact Fitness. Enjoy a no-impact, full-body workout in deep water, perfect for all fitness levels! This class uses flotation belts and noodles for support and stability, helping you improve strength, endurance, flexibility, and cardiovascular health—all without stress on the joints. Whether you're looking to enhance mobility, recover from an injury, or simply enjoy a refreshing workout, Deep Water Aerobics offers a fun and effective way to stay active. Flotation belts are provided, but not required!
Full Body Strength	This is a total body workout that incorporates low impact cardio, upper and lower body strength as well as core.
Gentle Flow Yoga	Established practice or out of practice? This is for you. Find and relish in the restorative, relaxing, and centering properties of yoga through a mixture of movement and stillness.
Kickboxing	Unleash your energy with our high-energy Kickboxing class! Practice punching and kicking drills on pads to improve balance, coordination, flexibility, and endurance. This dynamic workout not only builds strength and cardio fitness, but also helps develop practical self-defense skills. Perfect for all levels—come kick, punch, and sweat your way to a stronger you!
Pilates	This mat-based class combines a series of floor exercises designed to realign, strengthen, and stabilize your body. With a focus on core engagement, flexibility, and controlled movements, Pilates & More helps improve posture, balance, and overall strength. Suitable for all levels, this class offers a mindful and effective workout to enhance body awareness and functional movement.
Tai Chi	Gentle, flowing movement practice that combines breath control, meditation, and slow, intentional movements to enhance balance, flexibility, and inner calm. Rooted in ancient Chinese tradition, Tai Chi improves strength, balance, coordination, and posture while reducing stress and promoting overall well-being. This low-impact class is perfect for all fitness levels, offering a mindful way to cultivate physical and mental harmony.
Warm Water Aerobics	This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.
Water Aerobics	Fun and energizing workout set to music in warm water, featuring choreographed aerobic movements to improve cardiovascular fitness, strength, and endurance. The class concludes with sculpting exercises, gentle stretching, and relaxation, leaving you feeling refreshed and rejuvenated. Designed for all fitness levels, this low-impact workout is perfect for enhancing flexibility, reducing joint stress, and boosting overall well-being.
Water Boot Camp	A complete high energy water workout in shallow and deep water. You will experience aerobic exercise, strength and core stability moves.
Water Cycling	Low-impact but high-energy workout performed on stationary bikes submerged in a pool. The resistance of the water enhances cardiovascular endurance, strengthens muscles, and improves joint mobility while reducing stress on the body. This invigorating exercise is great for all fitness levels, providing a refreshing way to build strength, burn calories, and boost circulation.
Yoga	Yoga is a holistic practice that blends movement, breath, and mindfulness to enhance strength, flexibility, stamina, and balance. Through guided postures and focused breathing, this class promotes deep relaxation, reduces stress, and nurtures both the mind and body. Suitable for all levels, yoga offers a path to greater well-being, inner peace, and overall vitality.
Young at Heart	Designed for everyone, especially those who are young at heart, this low-impact class is gentle on the joints while keeping you active and strong. Enjoy a well-rounded workout that includes light cardio, strength training, balance, and stretching to improve mobility, flexibility, and overall well-being. Perfect for all fitness levels, this class helps you stay energized, healthy, and moving with confidence!
Zumba	Get ready to move, groove, and feel the energy with Zumba! This high-energy dance fitness class blends Latin and international rhythms with fun, easy-to-follow moves for a full-body workout. Zumba improves cardiovascular health, burns calories, boosts coordination, and lifts your mood—all while feeling like a dance party! Some classes incorporate light weights and sculpting exercises at the end for added toning. No dance experience needed—just bring your energy and let the music move you!