



GROUP EXERCISE SCHEDULE - AUGUST 2025

SUMMER SCHEDULE

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
	7:00 – 7:50am Body Pump with Tiffany		7:00 – 8:00am Body Pump with Mary Jo S	
8:00-9:00am Yoga with Jai Ram		8:00-9:00am Yoga with Jai Ram		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
	11:00-11:45am Strength in Motion w/ Carol			
	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 Body Pump w/ Mary Jo S.		12:05-1:05pm Body Pump with Katie
	5:30-6:30pm Gentle Flow Yoga w/ Bethany	5:30-6:20pm Body Balance with Tiffany		
5:30-6:25pm Cycling with Greg				
6:30-7:20pm Body Pump with Mary Jo K.				



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 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)