



GROUP EXERCISE SCHEDULE-SEPT 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Christina 6:05-6:50am Every Body Yoga with Julie	5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Kayla 6:05-6:50am Yogalates with Julie	5:15 – 6:15am Body Pump - Member Led
8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Tiffany 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	7:05-8:05am Body Pump with Mary Jo S 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
9:15-10:00am Full Body Strength w/Pam	8:30-9:15am Pilates & More w/ Mary Jo K. 9:30-10:30am Zumba with Stacy	9:15-10:00am Full Body Strength w/ Carol	8:30-9:15am Pilates & More w/ Mary Jo K. 9:15-10:00am Cycling & abs with Erin 9:30-10:30am Zumba with Stacy 10:35-11:05am Tabata with Stacy	9:15-10:00am Tone with Mary Jo S. 10:05-10:50am Young at Heart 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	10:05-10:50am Young at Heart with Erin	11:15-12:00pm Chair yoga with Kim	12:05-1:05pm Body Pump with Katie
12:05-1:05pm Body Craft Fusion w/ Carol		12:05-1:05pm Body Pump w/ Mary Jo S.	12:00-12:45pm Cycling with Greg	
5:30-6:20pm Zumba with Nicolle	5:30-6:30pm Gentle Flow Yoga w/ Bethany	5:25-6:15pm Body Balance with Tiffany	5:30-6:20pm Zumba with Nicolle	SATURDAY 7:30-8:30am Body Pump 8:30-9:15am Cycling with Greg
5:30-6:25pm Cycling with Greg				8:45-9:45am Gentle Flow Yoga w/ Bethany
6:30-7:30pm Body Pump with Ashleigh/Carol		6:30-7:30pm Body Pump with Mary Jo S.		



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
8:30-9:15am Restorative Yoga w/Chiquitta
9:30-10:15am Meditation/Sound Healing w/Chiquitta
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)		p