



GROUP EXERCISE SCHEDULE- Jan. 2026

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
8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Tiffany <small>7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim</small>	8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Mary Jo S <small>7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim</small>	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.	9:15-10:00am Full Body Strength w/ Carol	8:30-9:15am Pilates & More w/ Mary Jo K.	9:15-10:00am Full Body Strength with Shelby
10:05-10:50am Young at Heart with Stacy	9:30-10:30am Zumba with Stacy 11:00-11:45am Body Fusion w/ Carol 12:00-12:45pm Cycling with Greg	10:05-10:50am Young at Heart with Erin	9:30-10:00am Cycling & abs with Erin 9:30-10:30am Zumba with Stacy 10:35-11:05am Tabata with Stacy	10:05-10:50am Young at Heart with Stacy
12:05-1:05pm Body Pump w/ Carol		12:05-1:05pm Body Pump w/ Mary Jo S.	11:15-12:00pm Chair yoga with Kim	12:05-1:05pm Body Pump with Katie
5:30-6:20pm Zumba with Nicolle	5:15-6:15pm Gentle Flow Yoga w/ Bethany	5:25-6:15pm Body Balance with Tiffany 5:30-6:25pm Cycling w/Greg/Erin/Kayla	5:30-6:20pm Zumba with Nicolle	SATURDAY
5:30-6:25pm Cycling with Greg				7:30-8:30am Body Pump 8:30-9:15am Cycling with Greg 8:45-9:45am Gentle Flow Yoga w/ Bethany
6:30-7:30pm Body Pump with Ashleigh/Carol	6:45-7:45pm Kickboxing with Pat		6:45-7:45pm Kickboxing with Pat	SUNDAY
<p>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.</p> <p>Scan the code to join our Facebook group-Dubuque Y Health and Wellness Community! Join the page for updates, class cancellations, community, and more!</p> 				

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)
8:30-9:20am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:20am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:20am Aqua Fitness & Yoga 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)
5:15-6:00pm Water Boot Camp Michelle (LP)		5:15-6:00pm Water Boot Camp Michelle (LP)		SATURDAY
				8:15-9:00am Water Boot Camp Michelle (LP)
				9:30-10:30am Aqua Dance Nicolle (LP)