



# GROUP EXERCISE SCHEDULE - March 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
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 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
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	9:15-10:00am Cycling & abs with Erin  9:30-10:30am Zumba with Stacy  10:35-11:05am Tabata with Stacy  11:15-12:00pm Chair yoga with Kim	10:05-10:50am Young at Heart with Stacy
12:05-1:05pm Body Pump w/ Carol		12:05-1:05pm Body Pump w/ Carol	12:00-12:45pm Cycling with Greg  5:30-6:20pm Zumba with Nicolle	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	6:45-7:45pm Kickboxing with Pat	<b>SATURDAY</b>
5:30-6:25pm Cycling with Greg		5:30-6:25pm Cycling w/Greg/Erin/Kayla		7:30-8:30am Body Pump
6:30-7:30pm Body Pump with Ashleigh/Carol	6:45-7:45pm Kickboxing with Pat			8:30-9:15am Cycling with Greg
				8:45-9:45am Gentle Flow Yoga w/ Bethany
				<b>SUNDAY</b>
				10:00-11:00am Cycling with Greg



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!

## 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)
				<b>SATURDAY</b>
5:15-6:00pm Water Boot Camp Michelle (LP)		5:15-6:00pm Water Boot Camp Michelle (LP)		8:15-9:00am Water Boot Camp Michelle (LP)
				9:30-10:30am Aqua Dance Nicolle (LP)