



## GROUP EXERCISE SCHEDULE-September 2026

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                | TUESDAY                                                                                                                                             | WEDNESDAY                                   | THURSDAY                                                                                                                                            | FRIDAY                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 5:15 – 6:15am<br>Body Pump with Carol                                                                                                                                                                                                                                                                                                                                                                                                 | 5:15 – 6:00am<br>Cycling with Christina                                                                                                             | 5:15 – 6:15am<br>Body Pump with Carol       | 5:15 – 6:00am<br>Cycling with Kayla                                                                                                                 | 5:15 – 6:15am<br>Body Pump - Member Led                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                     |                                             | 6:05 - 6:50am<br>Yoga/Pilates w/Mary Jo S.                                                                                                          |                                                                                                             |
| 8:00-9:00am<br>Yoga with Jai Ram                                                                                                                                                                                                                                                                                                                                                                                                      | 7:05-9:05am<br>Body Pump with Tiffany<br><small>7:30-8:00am (MP)<br/>Beginner Tai Chi with Jim<br/>8:00-9:00am<br/>Regular Tai Chi with Jim</small> | 8:00-9:00am<br>Yoga with Jai Ram            | 7:05-8:05am<br>Body Pump with Tiffany<br><small>7:30-8:00am (MP)<br/>Beginner Tai Chi with Jim<br/>8:00-9:00am<br/>Regular Tai Chi with Jim</small> | 8:00-9:00am<br>Yoga with Jai Ram                                                                            |
| 9:10-9:55am<br>Full Body Strength w/Pam                                                                                                                                                                                                                                                                                                                                                                                               | 8:30-9:15am<br>Pilates & More w/ Mary Jo K.                                                                                                         | 9:15-10:00am<br>Full Body Strength w/ Carol | 8:30-9:15am<br>Pilates & More w/ Mary Jo K.                                                                                                         | 9:15-10:00am<br>Full Body Strength with Shelby                                                              |
| 10:05-10:50am<br>Young at Heart with Stacy                                                                                                                                                                                                                                                                                                                                                                                            | 9:30-10:30am<br>Zumba with Stacy                                                                                                                    | 10:05-10:50am<br>Young at Heart with Erin   | 9:15-10:00am<br>Cycling & abs with Erin<br>9:30-10:30am<br>Zumba with Stacy                                                                         | 10:05-10:50am<br>Young at Heart with Stacy                                                                  |
| 12:05-1:05pm<br>Body Pump w/ Carol                                                                                                                                                                                                                                                                                                                                                                                                    | 10:35-11:20am<br>Young at Heart w/ Carol<br>12:00-12:45pm<br>Cycling with Greg                                                                      | 12:05-1:05pm<br>Body Pump w/Mary Jo S.      | 11:15-12:15pm<br>Chair yoga with Kim                                                                                                                | 12:05-1:05pm<br>Body Pump with Katie<br>5:50-6:50pm<br>Ballet Barre & Flow w/Summer                         |
| 5:30-6:20pm<br>Zumba with Nicolle                                                                                                                                                                                                                                                                                                                                                                                                     | 5:15-6:15pm<br>Gentle Flow Yoga w/Bethany                                                                                                           | 5:25-6:15pm<br>Body Balance with Tiffany    | 5:30-6:20pm<br>Zumba with Nicolle                                                                                                                   | SATURDAY                                                                                                    |
| 6:30-7:30pm<br>Body Pump w/Ashleigh/Carol                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                     |                                             |                                                                                                                                                     | 7:30-8:30am<br>Body Pump<br>8:30-9:15am<br>Cycling with Greg<br>9:00-10:00am<br>Gentle Flow Yoga w/ Bethany |
|  <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> |                                                                                                                                                     |                                             |                                                                                                                                                     | SUNDAY                                                                                                      |
|                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                     |                                             |                                                                                                                                                     | 10:00-11:00am<br>Cycling with Greg                                                                          |

## WATER EXERCISE SCHEDULE (SP) – Small Pool (LP) – Large Pool

| MONDAY                                            | TUESDAY                                      | WEDNESDAY                                         | THURSDAY                                     | FRIDAY                                            |
|---------------------------------------------------|----------------------------------------------|---------------------------------------------------|----------------------------------------------|---------------------------------------------------|
| 8:00-9:00am<br>Warm Water Aerobics<br>Teresa (SP) |                                              | 8:00-9:00am<br>Warm Water Aerobics<br>Teresa (SP) |                                              | 8:00-9:00am<br>Warm Water Aerobics<br>Teresa (SP) |
| 8:30-9:20am<br>Aqua Fitness<br>Kim (LP)           | 8:30-9:15am<br>Deep Water Aero<br>Linda (LP) | 8:30-9:20am<br>Aqua Fitness<br>Kim (LP)           | 8:30-9:15am<br>Deep Water Aero<br>Linda (LP) | 8:30-9:20am<br>Aqua Fitness & Yoga<br>Kim (LP)    |
| 9:15-10:00am<br>Water Fitness<br>Member Led (LP)  | 9:15-9:50am<br>Water Cycling<br>Linda (LP)   | 9:15-10:00am<br>Water Fitness<br>Member Led (LP)  | 9:15-9:50am<br>Water Cycling<br>Linda (LP)   | 9:15-10:00am<br>Water Fitness<br>Member Led (LP)  |
| 11:00am-NOON<br>Water Aerobics<br>Cathy (SP)      | 11:00-11:45am<br>Aqua Toning<br>Cathy (SP)   | 11:00am-NOON<br>Water Aerobics<br>Cathy (SP)      | 11:00-11:45am<br>Aqua Toning<br>Cathy (SP)   | 11:00am-NOON<br>Warm Water Aerobics<br>Cathy (SP) |
|                                                   |                                              |                                                   |                                              | SATURDAY                                          |
| 5:15-6:00pm<br>Water Boot Camp<br>Michelle (LP)   |                                              | 5:15-6:00pm<br>Water Boot Camp<br>Michelle (LP)   |                                              | 8:15-9:00am<br>Water Boot Camp<br>Michelle (LP)   |
|                                                   |                                              |                                                   |                                              | 9:30-10:30am<br>Aqua Dance<br>Nicolle             |