



GROUP EXERCISE SCHEDULE- October 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
7:00 - 7:45 Zumba with Jessica	7:05-8:05am Body Pump with Tiffany		6:05 - 6:50am Yoga/Pilates w/Mary Jo S.	
8:00-9:00am Yoga with Jai Ram	7:30-8:00am (MP) Beginner Tai Chi w/Jim	8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Tiffany	8:00-9:00am Yoga with Jai Ram
	8:00-9:00am Regular Tai Chi w/Jim		7:30-8:00am (MP) Beginner Tai Chi w/Jim	
9:10-9:55am Full Body Strength w/Pam	8:30-9:15am Pilates & More w/ Mary Jo K.	9:15-10:00am Full Body Strength w/ Carol	8:00-9:00am Regular Tai Chi w/Jim	9:15-10:00am Full Body Strength with Shelby
10:05-10:50am Young at Heart w/Stacy	9:30-10:30am Zumba with Stacy	10:05-10:50am Young at Heart with Erin	8:30-9:15am Pilates & More w/ Mary Jo K.	10:05-10:50am Young at Heart with Stacy
	10:35-11:20am Young at Heart w/ Carol		9:15-10:00am Cycling & abs with Erin	12:05-1:05pm Body Pump with Katie
12:05-1:05pm Body Pump w/ Carol	12:00-12:45pm Cycling with Greg	12:05-1:05pm Body Pump w/Mary Jo S.	9:30-10:30am Zumba with Stacy	5:50-6:50pm Ballet Barre & Flow w/Summer
			11:15-12:15pm Chair yoga with Kim	
5:30-6:30pm Zumba with Nicolle	5:15-6:15pm Gentle Flow Yoga w/Bethany	5:25-6:15pm Body Balance with Tiffany	5:30-6:30pm Zumba with Nicolle	SATURDAY
				7:30-8:30am Body Pump
6:35-7:35pm Body Pump w/Ashleigh/Carol	6:45 - 7:45pm Kick Boxing w/Pat		6:45 - 7:45pm Kick Boxing w/Pat	8:30-9:15am Cycling with Greg
				9:00-10:00am Gentle Flow Yoga w/ Bethany
				SUNDAY
				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)
				SATURDAY
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