GROUP EXERCISE SCHEDULE- November 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/Pilated 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**
			9:15-10:00am **Cycling & abs with Erin**	12:05-1:05pm **Body Pump with Katie**
	10:35-11:20am **Young at Heart w/ Carol**		9:30-10:30am **Zumba with Stacy**	5:50-6:50pm **Ballet Barre & Flow w/Summer**
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.**		
				SATURDAY
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**	7:30-8:30am **Body Pump**
5:30-6:15pm **Cycle 101 w/Greg**		5:30-6:15pm **Cycle w/Greg**		8:30-9:15am **Cycling with Greg**
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**	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 Cyling 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