

AR= Main Aerobic Room (lower level), MPR = Multi-Purpose Room (upstairs), GFR = room off west end of gym

**MONDAY**

Time	Class	Location	Instructor
5:30-6:15am	Power Cycling	MPR	Melissa
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
7:45-8:30am	Step	AR	Mary
8:30-9:15am	Muscle Madness	AR	Beth
8:30-9:15am	WalkFIT	outside	Mary
9:00-10:00am	Weight Training Circuit	GFR	Gary B.
9:15-10:00am	INSANITY	AR	Beth
9:15-10:00	Cycling	MPR	Judy
12:00-12:30pm	Weight Training Circuit	Gym	Gary B.
12:15-12:45	Suspension and Kettleball	MPR	Johanna
4:30-5:30pm	Weight Training Circuit	GFR	Gary B.
5:00-5:30pm	RowFIT	AR	Jen O.
5:15-6:15pm	Boot Camp	offsite	Kent/Jenny
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
6:30-7:15pm	Cardio Dance Fusion	AR	Lindsey

**TUESDAY**

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:30-9:15am	Fitmix	MPR/outside	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Whitney
9:15-10:00am	HIIT	AR	Heather
11:30-12:00pm	Weight Training Circuit	GFR	Gary B.
12:00-12:30pm	Weight Training Circuit	GFR	Gary B.
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
4:30-5:00pm	RowFIT	AR	Jen O.
4:30-5:30pm	Weight Training Circuit	GFR	Gary B.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

**WEDNESDAY**

Time	Class	Location	Instructor
5:30-6:15am	Power Cycling	MPR	Melissa
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:30-9:15am	BarreFIT	AR	Rachel
9:00-10:00am	Weight Training Circuit	GFR	Gary B.
9:15-9:45am	TABATA	AR	Rachel
9:15-10:00	Cycling	MPR	Judy
12:00-12:30pm	Weight Training Circuit	GFR	Gary B.
12:15-12:45	TABATA	AR	Johanna
4:30-5:30pm	Weight Training Circuit	GFR	Gary B.
5:00-5:30pm	RowFIT	AR	Jen O.
5:15-6:15pm	Boot Camp	offsite	Kent/Jenny
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
6:30-7:30pm	Zumba	AR	Marisa/Janice

**THURSDAY**

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:30-9:15am	Fitmix	MPR/outside	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Whitney
9:15-10:00am	HIIT	AR	Heather
11:30-12:00pm	Weight Training Circuit	GFR	Gary B.
12:00-12:30pm	Weight Training Circuit	GFR	Gary B.
12:15-12:45pm	CrossTrain	AR	Johanna
1:00-2:00pm	HOMESCHOOL	AR	Whitney
4:30-5:00pm	RowFIT	AR	Jen O.
4:30-5:30pm	Weight Training Circuit	GFR	Gary B.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

**FRIDAY**

Time	Class	Location	Instructor
5:30-6:15	Triple Threat	MPR	Dawn
5:30-6:15am	Pilates	GFR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:15-9:00am	ICE	AR	Mary
8:30-9:00am	SuspensionSHRED	MPR	Beth
9:00-9:45am	BarreFIT	AR	Rachel
9:00-9:45am	StrollerFIT	offsite	Kristen
9:45-10:30am	Muscle Madness	AR	Heather
12:15-12:45	Cycle N Abs	MPR	Johanna
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
5:30-6:15pm	POUND	AR	Jennifer

**SATURDAY**

Time	Class	Location	Instructor
7:45-8:45am	Saturday Yoga	AR	Sara/Cathy
8:30-9:30am	Power Cycling	MPR	Robin
9:00-9:45am	Intervals	AR	Kim
10:00-11:00am	Kids Karate	AR	Mike/Jay/Jeff

**SUNDAY**

Time	Class	Location	Instructor
1:00-1:45pm	Cycling (ends 5/21 for season)	MPR	Brittany

Highlighted classes require a separate fee

Schedule subject to change without notification.



## Class Descriptions (for a full listing of all class descriptions please visit our website [www.quincymca.net](http://www.quincymca.net))

### FREE Classes

**Cardio Dance Fusion** - an addictive fusion of dance styles that puts the emphasis on having fun as much as breaking a sweat. Come meet new friends, enjoy the sensation of dance and leave feeling re-energized! This class will use choreography, across the floor combinations, barre work and mat work to give you the ultimate fun that only dance can deliver.

**Dirty 30** - your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout. This 30 minute class is structured around a HIIT or Tabata concept with 30 or 50 second full-on rounds and 10 seconds of rest hitting muscles, cardio, or combination of both

**Fitmix**- ready to mix things up this spring? Try this 45 minute class for a mix of strength, cardio, tabata, HIIT and more! Class will go outside on days that weather allows so bring a water bottle and towel along with you.

**INSANITY** - 3-5 minute blocks with breaks only long enough to gulp some air and get right back to work. You will keep your body working at maximum capacity through the entire class. You keep pushing your limits so you get results. Modify as needed for your ability level. No equipment needed, just a desire to improve you!

**Pilates**- a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. Pilates is different from other forms of exercise as it focuses on multiple muscle groups at the same time. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

**StrollerFit** - A stroller-based class designed for moms to get a full body workout with their little ones. The 45 minute class incorporates cardio, strength, and core work. For all fitness levels. Stroller Fit is an excellent way to get in shape with the added benefit of not having to leave your child.

**SuspensionSHRED**-A 30 minute workout utilizing suspension trainers. It's the perfect combination of cardio and strength training that focuses on the core. Limited to 14 participants.

### Speciality Class (highlighted classes - require separate fee)

**BOOTCAMP** - have fun this summer with our outdoor Boot Camp. Boost your aerobic fitness with high-intensity, creative workouts. This intense conditioning class integrates cardio exercises with muscle conditioning exercises. Classes are held outdoors and off-site. \$24/Member, \$40/NonMember