

AR= Main Aerobic Room (lower level), MPR = Multi-Purpose Room (upstairs) BFIT = lower level

MONDAY

Time	Class	Location	Instructor
5:30-6:15am	Morning Cycle	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
7:45-8:30am	Step	AR	Mary
8:30-9:15am	Muscle Madness	AR	Mary
9:15-10:00am	INSANITY	AR	Beth
9:15-10:00am	Cycling	MPR	Judy
1:00-2:30pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-12:45pm	Suspension	MPR	Beth
5:00-5:30pm	RowFIT	AR	Jen O.
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
6:00-6:30pm	Cycle N Strength	MPR	Brittany
6:15-7:00pm	Boxing Conditioning	BFIT	Cole
6:30-7:30pm	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
8:00-8:25am	RowFit	AR	Beth
8:30-9:15am	Cardio Circuits	Gym	Rachel/Beth
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
10:30am-12:00pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
4:30-5:00pm	RowFit	AR	Jen O.
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	Morning Cycle	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:30-9:15am	Barre	AR	Rachel
9:15-9:45am	TABATA	AR	Rachel
9:15-10:00am	Cycling	MPR	Judy
12:15-12:45pm	TABATA	AR	Beth
1:00-2:30pm	Rock Steady Boxing	BFIT	Brad/Cole
5:00-5:30pm	RowFIT	AR	Jen O.
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
5:45-6:30pm	POUND	BFIT	Jennifer
6:30-7:30pm	PiYo	AR	Brenna

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	Muscle Tone and Trim	Meet in gym	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
9:20-10:00am	PiYo	BFIT	Beth
10:30am-12:00pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-12:45pm	PiYo	AR	Beth
4:30-5:00pm	RowFit	AR	Jen O.
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
5:30-6:15am	Pilates	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:15-9:00am	ICE	AR	Mary
8:30-9:00am	Suspension	MPR	Beth
9:00-9:45am	Barre	AR	Rachel
9:45-10:30am	Pump and Roll	AR	Heather
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
5:45-6:30pm	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

**Registration Required (due to limited equipment)

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)

FREE Classes

Barre - A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.

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

Fit Beginnings - a low-impact aerobic workout that incorporates balance, strength and cardio into a workout geared towards deconditioned individuals and older adults.

ICE- A fun new workout for all fitness levels but geared to the intermediate individual. Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.

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.

PiYo - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Pound - This trendy class is so fun, you don't even realize you are burning some serious calories. With the help of weighted drumsticks and fast-paced dance routines, this class will get you fit and you'll have a fabulous time.

Tabata - 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.