



# Quincy Family YMCA Group Fitness Schedule August 18th-October 19th 2019

	MON	TUE	WED	THU	FRI	SAT
5am	<b>Morning Cycle</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Morning Cycle</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Pilates</b> Multi-Purpose Room Beth Wagner 5:30am - 6:15am	
	<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am		<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am		<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am	
7am	<b>Step</b> Aerobics Room Mary Terwelp 7:45am - 8:30am	<b>Suspension &amp; Core</b> Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		<b>Suspension &amp; Core</b> Multi-Purpose Room Mary Terwelp 7:30am - 8:15am		<b>Yoga</b> Aerobics Room Sara/Cathy 7:45am - 8:45am
8am		<b>RowFit</b> Aerobics Room Beth Hilbing 8:00am - 8:30am	<b>Tabata</b> Aerobics Room Rachel Hansen 8:00am - 8:30am	<b>Shred</b> Aerobics Room Rachel Hansen 8:00am - 8:30am	<b>Tabata</b> Aerobics Room Heather Williams 8:00am - 8:30am	
8:30am	<b>Muscle Madness</b> Aerobics Room Mary Terwelp 8:30am - 9:15am	<b>Warrior Cross Train</b> Outside/Bfit/Gym Heather Sommers 8:30am - 9:15am	<b>Barre</b> Aerobics Room Rachel Hansen 8:30am - 9:15am	<b>Warrior Cross Train</b> Outside/Gym Rachel Hansen 8:30am - 9:15am	<b>ICE</b> Aerobics Room Mary Terwelp 8:30am - 9:15am	<b>Cycling</b> Multi-Purpose Room Robin Carlson 8:30am - 9:30am
	<b>Circuits</b> Aerobics Room Kirkland 9:15am-10:00am	<b>Sweat &amp; Sculpt</b> Multi-Purpose Room Heather Williams 8:30am - 9:15am		<b>Pilates</b> BFit Room Heather Sommers 8:30am - 9:15am	<b>Suspension</b> Multi-Purpose Room Heather Williams 8:30am - 9:00am	
	<b>Cycling</b> Multi-Purpose Room Judy Obert 9:15am - 10:00am	<b>Get Fit</b> Aerobics Room Lisa Warner 8:30am - 9:15am		<b>Get Fit</b> Aerobics Room Lisa Warner 8:30am - 9:15am		
9am		<b>HIIT</b> Aerobics Room Heather Williams 9:15am - 10:00am	<b>Cycling</b> Multi-Purpose Room Judy Obert 9:15am - 10:00am	<b>HIIT</b> Aerobics Room Heather Williams 9:15am - 10:00am		<b>Boxing Conditioning</b> BFit Room Riley Giesing 9:00am - 9:45am
			<b>Muscle Madness</b> Aerobics Room Heather Williams 9:15am - 10:00am			<b>Kids Karate</b> Aerobics Room Jay Curran 10:00am - 11:00am
10:30am		<b>Rock Steady Boxing</b> Aerobics Room Heather S 10:30am - 12:00pm		<b>Rock Steady Boxing</b> Aerobics Room Heather S. 10:30am - 12:00pm	<b>AOA FITNESS</b> Aerobics Room Heather S. 10:30-11:15	
12:15pm	<b>Suspension</b> Multi-Purpose Room Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	<b>Tabata</b> Aerobics Room Beth Hilbing 12:15pm - 12:45pm	<b>PIYO</b> Aerobics Room Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
	<b>Rock Steady Boxing</b> Aerobics Room Heather/Sherry 1:00pm - 2:30pm	<b>Pump</b> Aerobics Room Heather Williams 12:15pm - 1:00pm				
1pm			<b>Rock Steady Boxing</b> Aerobics Room Heather/Sherry 1:00pm - 2:30pm		<p>Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.</p> <p>For class descriptions please see back of schedule.</p> <p>Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.</p>	
4pm						
		<b>RowFit</b> Aerobics Room Jen Oitker 4:30pm - 5:00pm	<b>RowFit</b> Aerobics Room Jen Oitker 4:30pm - 5:00pm			
5pm	<b>Pilates</b> BFit Room Heather Sommers 5:00pm - 5:45pm	<b>Bosu Pump</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm	<b>Circuits</b> Aerobics Room Liz Lombardi 5:00pm - 5:30pm	<b>Bosu Pump</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm		
	<b>Circuits</b> Aerobics Room Liz Lombardi 5:00pm - 5:30pm	<b>Yoga</b> Aerobics Room Cathy/Kelle 5:30pm - 6:30pm	<b>Boot Camp</b> Outside/Offsite Jenny/Kent 5:15pm-6:15pm	<b>Yoga</b> Aerobics Room Cathy/Kelle 5:30pm - 6:30pm		
	<b>Boot Camp</b> Outside/Offsite Jenny/Kent 5:15pm-6:15pm	<b>Power Cycling</b> Multi-Purpose Room Robin Carlson 5:30pm - 6:30pm	<b>Muscle Tone</b> Aerobics Room Liz Lombardi 5:30pm - 6:00pm	<b>Power Cycling</b> Multi-Purpose Room Melissa Minor 5:45pm - 6:45pm		
	<b>Muscle Tone</b> Aerobics Room Liz Lombardi 5:30pm - 6:00pm		<b>Suspension</b> MPR Lisa Warner 5:30pm - 6:00pm			
6pm	<b>POUND</b> Aerobics Room Tamara 6:00pm-6:30pm					
	<b>Boxing Conditioning</b> BFit Room Riley Giesing 6:15pm - 7:00pm			<b>Pilates</b> Multi-Purpose Room Melissa Minor 6:45pm - 7:30pm		
		<b>Karate</b> Aerobics Room Jay Curran 6:30pm - 8:00pm		<b>Karate</b> Aerobics Room Jay Curran 6:30pm - 8:00pm		

