



## Group Fitness Schedule Quincy Family YMCA

3101 Maine Street  
QUINCY, IL 62301  
(217) 222-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>			<b>Yoga</b> Aerobics Room/Indoor Group Fitness Sara Schulte 5:45am - 6:30am		<b>Yoga</b> Aerobics Room/Indoor Group Fitness Sara Schulte 5:45am - 6:30am		
<b>7am</b>	<b>Step</b> Aerobics Room/Indoor Group Fitness Mary Terwelp 7:30am - 8:15am	<b>Dirty Thirty</b> Aerobics Room/Indoor Group Fitness Camille Donaldson 7:30am - 8:15am		<b>Dirty Thirty</b> Aerobics Room/Indoor Group Fitness Camille Donaldson 7:30am - 8:15am		<b>Yoga</b> Outdoor Group Fitness Sara Schulte 7:45am - 8:30am	
<b>8am</b>	<b>WalkFIT</b> Outdoor Group Fitness Mary Terwelp 8:30am - 9:15am	<b>Warrior Cross Train</b> Outdoor Group Fitness Heather Sommers 8:30am - 9:15am	<b>Barre</b> Outdoor Group Fitness Rachel Hansen 8:30am - 9:15am	<b>Warrior Cross Train</b> Outdoor Group Fitness Heather Sommers 8:30am - 9:15am	<b>ICE</b> Aerobics Room/Indoor Group Fitness Mary Terwelp 8:30am - 9:15am	<b>Cycling</b> Outdoor Group Fitness Robin Carlson 8:30am - 9:15am	
	<b>Pilates</b> Aerobics Room/Indoor Group Fitness Heather Sommers 8:30am - 9:15am	<b>Get Fit</b> Aerobics Room/Indoor Group Fitness Lisa Warner 8:30am - 9:15am		<b>Get Fit</b> Aerobics Room/Indoor Group Fitness Lisa Warner 8:30am - 9:15am			
<b>9am</b>	<b>Shred</b> Aerobics Room/Indoor Group Fitness Rachel Hansen 9:30am - 10:15am		<b>Cycling</b> Aerobics Room/Indoor Group Fitness Judy Obert 9:30am - 10:15am		<b>Boot Camp</b> Outdoor Group Fitness Heather Williams 9:30am - 10:15am	<b>Boot Camp</b> Outdoor Group Fitness Riley Giesing 9:30am - 10:15am	
<b>10am</b>					<b>Vinyasa Flow Yoga</b> Aerobics Room/Indoor Group Fitness Emely Rose 10:30am - 11:15am		
<b>12pm</b>	<b>Tabata</b> Aerobics Room/Indoor Group Fitness Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room/Indoor Group Fitness Cathy Schluckebier 12:15pm - 12:45pm	<b>Insanity</b> Aerobics Room/Indoor Group Fitness Beth Hilbing 12:15pm - 12:45pm	<b>PiYo</b> Aerobics Room/Indoor Group Fitness Beth Hilbing 12:15pm - 12:45pm			
<b>4pm</b>		<b>RowFIT</b> Aerobics Room/Indoor Group Fitness Jen Oitker 4:30pm - 5:15pm		<b>RowFIT</b> Aerobics Room/Indoor Group Fitness Jen Oitker 4:30pm - 5:15pm			
<b>5pm</b>	<b>Bootcamp</b> Outdoor Group Fitness Kent Kreinberg 5:15pm - 6pm	<b>Power Cycling</b> Aerobics Room/Indoor Group Fitness Robin Carlson 5:30pm - 6:15pm	<b>Bootcamp</b> Outdoor Group Fitness Kent Kreinberg 5:15pm - 6pm	<b>Power Cycling</b> Aerobics Room/Indoor Group Fitness Melissa Minor 5:30pm - 6:15pm			
	<b>Muscle Tone</b> Aerobics Room/Indoor Group Fitness Jen Oitker 5:30pm - 6:15pm	<b>Yoga</b> Outdoor Group Fitness Cathy Schluckebier 5:30pm - 6:15pm	<b>Cardio Circuits</b> Aerobics Room/Indoor Group Fitness Jen Oitker 5:30pm - 6:15pm	<b>Yoga</b> Outdoor Group Fitness Kelle Bunch 5:30pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.