



August
 Quincy Family YMCA
 August 1st - August 31st

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

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