



October 2020  
 Quincy Family YMCA  
 October 1st - October 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>		<b>Dirty Thirty</b> Aerobics Room/Indoor Group Fitness 5:45am - 6:15am	<b>Yoga</b> Aerobics Room/Indoor Group Fitness 5:45am - 6:30am	<b>Dirty Thirty</b> Aerobics Room/Indoor Group Fitness 5:45am - 6:15am	<b>Yoga</b> Aerobics Room/Indoor Group Fitness 5:45am - 6:30am		
<b>7am</b>	<b>Step</b> Aerobics Room/Indoor Group Fitness 7:30am - 8:15am					<b>Yoga</b> Aerobics Room/Indoor Group Fitness 7:30am - 8:15am	
<b>8am</b>	<b>WalkFIT</b> Outdoor Group Fitness 8:30am - 9:15am	<b>Get Fit</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	<b>Suspension</b> Aerobics Room/Indoor Group Fitness 8:15am - 8:45am	<b>Get Fit</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	<b>ICE</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	<b>Power Cycling</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	
	<b>Pilates</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	<b>Warrior Cross Train</b> Outdoor Group Fitness 8:45am - 9:30am	<b>Barre</b> Aerobics Room/Indoor Group Fitness 8:30am - 9:15am	<b>Warrior Cross Train</b> Outdoor Group Fitness 8:45am - 9:30am			
<b>9am</b>			<b>Suspension</b> Multipurpose Room 9:15am - 9:45am		<b>Tabata Boot Camp</b> Aerobics Room/Indoor Group Fitness 9:30am - 10:15am	<b>Kids Karate</b> Aerobics Room/Indoor Group Fitness 9:30am - 10:30am	
			<b>Cycling</b> Aerobics Room/Indoor Group Fitness 9:30am - 10:15am				
<b>10am</b>			<b>Vinyasa Flow Yoga</b> Aerobics Room/Indoor Group Fitness 10:30am - 11:15am		<b>Vinyasa Flow Yoga</b> Aerobics Room/Indoor Group Fitness 10:30am - 11:15am		
<b>12pm</b>	<b>Tabata</b> Aerobics Room/Indoor Group Fitness 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room/Indoor Group Fitness 12:15pm - 12:45pm	<b>Insanity</b> Aerobics Room/Indoor Group Fitness 12:15pm - 1pm	<b>PiYo</b> Aerobics Room/Indoor Group Fitness 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room/Indoor Group Fitness 12:15pm - 12:45pm		
<b>4pm</b>		<b>RowFIT</b> Aerobics Room/Indoor Group Fitness 4:30pm - 5:15pm		<b>Bosu Pump</b> Aerobics Room/Indoor Group Fitness 4:30pm - 5:15pm			
<b>5pm</b>	<b>Bootcamp</b> Outdoor Group Fitness 5:15pm - 6pm	<b>Power Cycling</b> Aerobics Room/Indoor Group Fitness 5:30pm - 6:15pm	<b>Bootcamp</b> Outdoor Group Fitness 5:15pm - 6pm	<b>Power Cycling</b> Aerobics Room/Indoor Group Fitness 5:30pm - 6:15pm			
	<b>Muscle Tone</b> Aerobics Room/Indoor Group Fitness 5:30pm - 6:15pm	<b>Yoga</b> Multipurpose Room 5:30pm - 6:15pm	<b>Cardio Circuits</b> Aerobics Room/Indoor Group Fitness 5:30pm - 6:15pm	<b>Yoga</b> Multipurpose Room 5:30pm - 6:15pm			
<b>6pm</b>		<b>Karate</b> Aerobics Room/Indoor Group Fitness 6:30pm - 8pm	<b>Cardio Dance Fusion</b> Aerobics Room/Indoor Group Fitness 6:30pm - 7:15pm	<b>Karate</b> Aerobics Room/Indoor Group Fitness 6:30pm - 8pm			

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.