



February
 Quincy Family YMCA
 February 1st - February 28th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Cycling Cycling Room Lisa Warner 5:30am - 6:15am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Yoga Aerobics Room Sara Schulte 5:45am - 6:30am		
			Yoga Aerobics Room Sara Schulte 5:45am - 6:30am				
7am	Step Aerobics Room Mary Terwelp 7:30am - 8:15am					Yoga Aerobics Room Sara Schulte 7:30am - 8:15am	
8am	Pilates Multipurpose Room Heather Sommers 8:30am - 9:15am	Warrior Cross Train Gymnasium Heather Sommers 8:30am - 9:15am	Barre Aerobics Room Rachel Hansen 8:30am - 9:15am	Warrior Cross Train Gymnasium Rachel Hansen 8:30am - 9:15am	ICE Aerobics Room Mary Terwelp 8:30am - 9:15am	Power Cycling Aerobics Room Robin Carlson 8:30am - 9:15am	
	Muscle Madness Aerobics Room Mary Terwelp 8:30am - 9:15am	Get Fit Aerobics Room Lisa Warner 8:45am - 9:30am		Get Fit Aerobics Room Lisa Warner 8:45am - 9:30am			
9am	Circuits Aerobics Room Kirkland Burton 9:30am - 10:15am		Cycling Cycling Room Judy Obert 9:30am - 10:15am		Tabata Boot Camp Aerobics Room Heather Williams 9:30am - 10:15am		
10am			Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am - 11:15am		Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am - 11:15am	Kids Karate Aerobics Room Gabriel Forresster John Wellman 10am - 11am	
12pm	Tabata Aerobics Room Beth Hilbing 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	Instructors Choice Aerobics Room Beth Hilbing 12:15pm - 12:45pm	PiYo Aerobics Room Beth Hilbing 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm		
		Suspension Multipurpose Room Beth Hilbing 12:15pm - 12:45pm					
4pm		RowFIT Aerobics Room Jen Oitker 4:30pm - 5:15pm		Bosu Pump Aerobics Room Jen Oitker 4:30pm - 5:15pm			
5pm	Muscle Tone Aerobics Room Beth Hilbing 5:30pm - 6:15pm	Yoga Aerobics Room Cathy Schluckebier 5:30pm - 6:15pm	Cardio Circuits Aerobics Room Jen Oitker 5:30pm - 6:15pm	Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm			
		Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm		Yoga Aerobics Room Kelle Bunch 5:30pm - 6:15pm			
6pm		Karate Aerobics Room Gabriel Forresster John Wellman 6:30pm - 8pm	Cardio Dance Fusion Aerobics Room Lindsey Stroot 6:30pm - 7:15pm	Karate Aerobics Room Gabriel Forresster John Wellman 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.



February
Quincy Family YMCA
February 1st - February 28th

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

MON

TUE

WED

THU

FRI

SAT

SUN