



January 2021  
 Quincy Family YMCA  
 January 20th - January 30th

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

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