



## Quincy Family YMCA Group Fitness Schedule March 1st - March 31st

	MON	TUE	WED	THU	FRI	SAT
5:30am			<b>Cycle</b> Cycling Room Lisa Warner 5:30am - 6:15am			
5:45am		<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am	<b>Dirty Thirty</b> Aerobics Room Camille Donaldson 5:45am - 6:15am	<b>Yoga</b> Aerobics Room Sara/Cathy 5:45am - 6:45am	
7:30am	<b>Step</b> Aerobics Room Mary Terwelp 7:30am - 8:15am	<b>Suspension &amp; Row Fusion</b> Multi-Purpose Room Mary Terwelp 7:30am - 8:15am				<b>Yoga</b> Aerobics Room Sara/Cathy 7:45am - 8:45am
8:30am	<b>Pilates</b> Multipurpose Room Heather Sommers 8:30am - 9:15am	<b>Warrior Cross Train</b> Gymnasium Heather Sommers 8:30am - 9:15am	<b>Barre</b> Aerobics Room Rachel Hansen 8:30am - 9:15am	<b>Warrior Cross Train</b> Gymnasium Rachel Hansen 8:30am - 9:15am	<b>ICE</b> Aerobics Room Mary Terwelp 8:30am - 9:15am	<b>Boxing Conditioning</b> BFit Room Riley Giesing 8:00am - 8:45am
	<b>Muscle Madness</b> Aerobics Room Mary Terwelp 8:30am - 9:15am	<b>Get Fit</b> Aerobics Room Lisa Warner 8:45am - 9:30am		<b>Get Fit</b> Aerobics Room Lisa Warner 8:45am - 9:30am		<b>Power Cycling</b> Cycling Room Robin Carlson 8:30am-9:15am
9:30am	<b>Circuits</b> Aerobics Room Kirkland 9:30am-10:15am		<b>Cycling</b> Cycling Room Judy Obert 9:30am - 10:15am		<b>Tabata Boot Camp</b> Aerobics Room Heather Williams 9:30am - 10:15am	
10:30am			<b>Vinyasa Flow Yoga</b> Aerobics Room Emely Rose 10:30am-11:15am		<b>Vinyasa Flow Yoga</b> BFIT Room Emely Rose 10:30am-11:15am	<b>Kids Karate</b> Aerobics Room Gabriel Forresster 10:00am - 11:00am
					<b>Fit to Fight</b> Aerobics Room Heather/Sherry 10:30am-12:00pm	
12:15pm	<b>Suspension and Row Fusion</b> Multi-Purpose Room Beth Hilbing	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	<b>Insanity</b> Aerobics Room Beth Hilbing 12:15pm - 1:00pm	<b>PiYo</b> Aerobics Room Beth Hilbing 12:15pm - 12:45pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
	<b>Fit to Fight</b> Aerobics Room Heather/Sherry 12:00pm - 1:30pm	<b>Tabata</b> Multipurpose Room Beth Hilbing 12:15pm - 12:45pm				
			<b>Kettlebell Pump</b> Aerobics Room Heather Sommers 4:00pm-4:30pm			
4:30pm		<b>RowFit</b> Multipurpose Room Jen Oitker 4:30pm - 5:15pm		<b>BOSU</b> Aerobics Room Jen Oitker 4:30pm - 5:15pm		
5:30pm	<b>HIIT</b> Aerobics Room Lisa Warner 5:30pm-6:15pm	<b>Yoga</b> Aerobics Room Cathy Schluckebier 5:30pm - 6:15pm	<b>Muscle Tone</b> Aerobics Room Jen Oitker 5:00pm - 5:30pm	<b>Yoga</b> Aerobics Room Kelle Bunch 5:30pm - 6:15pm		
		<b>Power Cycling</b> Cycling Room Robin Carlson 5:30pm - 6:15pm	<b>Boxing Conditioning</b> BFIT Room Keegan Paul 5:15pm - 6:00pm	<b>Power Cycling</b> Cycling Room Robin Carlson 5:30pm - 6:15pm		
			<b>Cardio Circuts</b> Aerobics Room Jen Oitker 5:30pm - 6:00pm			
6:30pm			<b>Cardio Dance Fusion</b> Aerobics Room Lindsey Stroot 6:30pm - 7:15pm			

Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.

Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.

