



Quincy Family YMCA Group Fitness Schedule Winter Session: Jan 2nd - March 5th, 2022

	MON	TUE	WED	THU	FRI	SAT
5:30am	★ Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am	
5:45am			Power Cycling Cycling Room Lisa Warner 6:00am - 6:45am			
7:30am	Step Aerobics Room Mary Terwelp 7:30am - 8:15am	Suspension & Row Fusion Multi-Purpose Room Mary Terwelp 7:30am - 8:15am			Tabata Boot Camp Aerobics Room Heather Williams 7:30am - 8:15am	Yoga Aerobics Room Sara/Cathy 7:30am - 8:15am
8:30am	Pilates Multi-Purpose Room Heather Sommers 8:30am - 9:15am	Warrior Cross Train Gymnasium Megan Costigan 8:30am - 9:15am	★ Core Strength Aerobics Room Beth Hilbing 8:30am - 9:15am	Warrior Cross Train Gymnasium Megan Costigan 8:30am - 9:15am	ICE Aerobics Room Mary Terwelp 8:30am - 9:15am	Boxing Conditioning BFit Room Riley Giesing 8:15am - 9:00am
	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		Power Cycling Cycling Room Robin Carlson 8:30am-9:30am
9:30am	Circuits Aerobics Room Kirkland 9:30am-10:15am		Cycling Cycling Room Judy Obert 9:30am - 10:15am			Karate Aerobics Room Gabbriel Forrester 9:00am-10:30am
10:30am	Cycling Cycling Room Beth Wagner 9:30am - 10:15am		Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am-11:15am		Vinyasa Flow Yoga Multipurpose Room Emely Rose 10:30am-11:15am	
		Fit to Fight Aerobics Room Cathy Schluckebier 10:30am-12:00pm			Fit to Fight Aerobics Room Cathy Schluckebier 10:30am-12:00pm	
12:15pm	Suspension & Row Fusion Multi-Purpose Room Beth Hilbing 12:15pm - 1:00pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	PiYo Aerobics Room Beth Hilbing 12:15pm - 1:00pm	Tabata Aerobics Room Beth Hilbing 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
		Insanity Multipurpose Room Beth Hilbing 12:15pm - 1:00pm				
4:00pm	PiYo Aerobics Room Brenna Zanger 4:00pm-4:45pm	Pump Aerobics Room Johanna Voss 4:00pm-4:30pm				
4:30pm				RowFit Multipurpose Room Jen Oitker 4:30pm - 5:15pm		
5:00pm	Muscle Tone Aerobics Room Jen Oitker 5:00pm - 5:30pm					
5:30pm	Cardio Circuts Aerobics Room Jen Oitker 5:30pm - 6:00pm	Yoga Aerobics Room Cathy Schluckebier 5:30pm - 6:15pm	HIIT Aerobics Room Lisa Warner 5:30pm-6:15pm	Yoga Aerobics Room Kelle Bunch 5:30pm - 6:15pm		
6:00pm	Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm	Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm	Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm	Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm		
6:30pm		Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm	★ Cardio Dance Fusion Aerobics Rooms Lindsey Stroot 7pm-7:45pm	Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm		

SUN

★ **Cycle & Yoga**
Cycling Room
Kent Kreinberg
10:30am-11:45am

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.

*Shaded classes have an additional fee

★ **NEW** or Back on the Schedule Classes!

