



Quincy Family YMCA Group Fitness Schedule Summer Session July 3rd-September 3rd

	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	
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	Barre Aerobics Room Meghan Medsker 8:30am - 9:15am	Warrior Cross Train Outside Megan Costigan 8:30am - 9:15am	Barre Aerobics Room Meghan Medsker 8:30am - 9:15am	Warrior Cross Train Outside Megan Costigan 8:30am - 9:15am	ICE Aerobics Room Mary Terwelp 8:30am - 9:15am	Boxing Conditioning BFIT Room Riley Giesing 8:00am - 8:45am
	WalkFit Outside Mary Terwelp 8:30am - 9:15am	Get Fit Aerobics Room Cathy Schluckebier 8:45am - 9:30am	★ Tai-Chi Multi Purpose Room Joe Ware 9:30am - 10:15am	Get Fit Aerobics Room Jenny Myers 8:45am - 9:30am		Power Cycling Cycling Room Robin Carlson 8:30am-9:30am
9:30am	Circuits Aerobics Room Kirkland 9:30am-10:15am		Faith and Fitness Aerobics Room Jenny Myers 9:30am-10:15am	Mommy and Me Offsite Meghan Medsker 9:30-10:15am	Fro Flow Chair Yoga Aerobics Room Joe Ware 9:30am-10:15am	
10:30am			Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am-11:15am		Vinyasa Flow Yoga Multipurpose Room Emely Rose 10:30am-11:15am	SUN
		Fit to Fight Aerobics Room Cathy Schluckebier 10:30am-12:00pm			Fit to Fight Aerobics Room Cathy Schluckebier 10:30am-12:00pm	Power Cycle Cycling Room Kent Kreinberg 9:30am-10:00am
12:15pm	Insanity Multipurpose Room Beth Mackenzie 12:15pm - 1:00pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	PiYo Aerobics Room Beth Mackenzie 12:15pm - 1:00pm	Tabata Aerobics Room Beth Mackenzie 12:15pm - 12:45pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
		Suspension & Row Fusion Multi-Purpose Room Beth Mackenzie 12:15pm - 1:00pm				
4:30pm				RowFit Multipurpose Room Jen Oitker 4:30pm - 5:15pm	<p>Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.</p> <p>Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.</p> <p>*Shaded classes have an additional fee</p> <p>★ NEW or Back on the Schedule Classes!</p>	
5:00pm	Muscle Tone Aerobics Room Jen Oitker 5:00pm - 5:30pm		Boot Camp Off Site Kent Kreinberg 5:15pm - 6:15pm	Muscle Tone Aerobics Room Jen Oitker 5:00pm - 5:30pm		
	Boot Camp Off Site Kent Kreinberg 5:15pm - 6:15pm	★ PIYO Aerobics Room Brenna Zanger 5:15pm - 6:00pm	★ Core Strength Aerobics Room Beth Mackenzie 5:15pm - 6:00pm			
5:30pm	Cardio Circuits Aerobics Room Jen Oitker 5:30pm - 6:00pm	Yoga Multipurpose Room Cathy Schluckebier 5:30pm - 6:15pm		Yoga Multipurpose 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		Halyard '44 Boxing Club BFIT Room 6:00pm-7:30pm		

