

**QUINCY FAMILY YMCA AEROBIC SCHEDULE Winter Session January 4 - February 27**

|       | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday  |
|-------|---|--|--|--|--|--|---|
|       | <b>GYMNASIUM</b>  |  |  |  |  |  |   |
|       |   | 9:00 - 10:00 am<br>Cardio Sculpt<br>Level 2 & 3    |  | 9:00 - 10:00 am<br>Cardio Sculpt<br>Level 2 & 3    |  | (Morning classes)  |   |
|       | <b>MULTI-PURPOSE ROOM - ABOVE GAME ROOM - 2ND FLOOR</b> |  |  |  |  |  |   |
| 9:00  | 9:00 - 9:25 am<br>Abdominals<br>Level 1 - 3             | 8:30 - 9:00 am<br>Abdominals<br>Level 1 - 3        |  | 8:30 - 9:00 am<br>Abdominals<br>Level 1 - 3        | 9:00 - 9:25 am<br>Abdominals<br>Level 1 - 3  | (Morning classes)  |   |
| 3:30  | <b>3:30 - 4:30 pm<br/>FitZone<br/>Youth Program</b>     |  | <b>3:30 - 4:30 pm<br/>FitZone<br/>Youth Program</b>        |  |  | (Afternoon classes)  |   |
| 6:00  |   | 5:30 - 6:30 pm<br>Evening Yoga<br>Level 2 & 3      | <b>6:00 - 7:00 pm<br/>Pilates Base<br/>Level 1 &amp; 2</b> | 5:30 - 6:30 pm<br>Evening Yoga<br>Level 2 & 3      |  | (Evening classes)  |   |
|       | <b>AEROBIC ROOM - DOWNSTAIRS</b>                        |  |  |  |  |  |   |
| 5:30  |   | 5:30 - 6:45 am<br>Cardio Sculpt<br>Level 1 & 2     |  | 5:30 - 6:45 am<br>Cardio Sculpt<br>Level 1 & 2     |  |  | All classes subject to change   |
| 5:45  | 5:45 - 7:00 am<br>Morning Yoga<br>Level 2 & 3           |  | 5:45 - 7:00 am<br>Morning Yoga<br>Level 2 & 3              |  | 5:45 - 7:00 am<br>Morning Yoga<br>Level 2 & 3  |  |   |
| 7:15  |   | 7:15 - 8:15 am<br>C.A.T<br>Level 3                 |  | 7:15 - 8:15 am<br>C.A.T<br>Level 3                 |  |  | Classes marked out with the X are suspended for the summer and are scheduled to return in the fall. |
| 8:30  | 8:30 - 9:30 am<br>Step & Muscles<br>Level 2 & 3         | 8:30 - 9:30 am<br>Fit Beginnings<br>Level 1        | 8:30 - 9:00 am<br>Butts and Guts<br>Level 1 - 3            | 8:30 - 9:30 am<br>Fit Beginnings<br>Level 1        | 8:30 - 9:30 am<br>Step & Muscles<br>Level 2 & 3  | <del>9:00 - 10:00 am<br/>Cardio Kickboxing<br/>Level 1 &amp; 2</del> |   |
| 9:30  | 9:30 - 10:30 am<br>Body Blast<br>Level 2 & 3            | 9:30 - 10:00<br>Stretch, Flex & Balance<br>Level 1 | <b>9:30 - 10:30 am<br/>Zumba</b>                           | 9:30 - 10:00<br>Stretch, Flex & Balance<br>Level 1 | 9:30 - 10:30 am<br>Body Blast<br>Level 2 & 3   | <b>10:00 - 11:00 am<br/>Kids Karate</b>                              |   |
| 12:00 | <b>12:00 - 1:00<br/>Express Workout</b>                 | 12:10 - 1:00 pm<br>Muscle Cond.<br>Levels 1 & 2    | <b>12:00 - 1:00<br/>Express Workout</b>                    | 12:10 - 1:00 pm<br>Muscle Cond.<br>Levels 1 & 2    | <b>12:00 - 1:00<br/>Express Workout</b>  | <b>1:00 - 3:00 pm<br/>Youth Vale Tudo</b>                            | <b>12:30 - 1:30 pm<br/>Zumba</b>  |
| 4:30  | 4:30 - 5:30 pm<br>Step & Muscles<br>Level 2             | 4:30 - 5:30 pm<br>Step & Muscles<br>Level 2        | 4:30 - 5:30 pm<br>Instructor's Choice<br>Level 2 & 3       | 4:30 - 5:30 pm<br>Step & Muscles<br>Level 2        | <b>Bootcamp classes are held on an alternating schedule. Locations and times are set by instructor.</b>  |  | All classes subject to change   |
| 5:30  | 5:30 - 6:30 pm<br>Body Blast<br>Level 2 & 3             |  | 5:30 - 6:30 pm<br>Body Blast<br>Level 2 & 3                |  |  |  |   |
| 6:00  |   | <b>6:00 - 7:00 pm<br/>Zumba</b>                    |  | <b>6:00 - 7:00 pm<br/>Zumba</b>                    | <b>Express Workout and Zumba</b><br>These classes are on a punchcard system. For more information, please contact the Welcome Desk.  |  | Shaded area marks a specialty class. All specialty classes require registration and a separate fee. |
| 6:30  | 6:30 - 7:30 pm<br>Cardio Kickboxing<br>Level 2          |  | 6:30 - 7:30 pm<br>Cardio Kickboxing<br>Level 2             |  |  |  |   |
| 7:00  |   | <b>7:00 - 8:30 pm<br/>Karate Class</b>             |  | <b>7:00 - 8:30 pm<br/>Karate Class</b>             |  |  |   |
| 7:30  | <b>7:30 - 8:45<br/>Vale Tudo</b>                        |  | <b>7:30 - 8:45<br/>Vale Tudo</b>                           |  |  |  |   |
|       | <b>CYCLING ROOM - DOWNSTAIRS</b>                        |  |  |  |  |  |   |
|       | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday  |
| 5:45  |   | 5:30 - 6:30 am<br>Sunrise Cycling<br>Level 1 - 3   | 5:30 - 6:30 am<br>Interval Cycling<br>Level 1 - 3          | 5:30 - 6:30 am<br>Sunrise Cycling<br>Level 1 - 3   | 5:30 - 6:30 am<br>Sunrise Cycling<br>Level 1 - 3   |  |   |
| 8:30  | 8:30 - 9:30 am<br>Group Cycling<br>Level 1 - 3          | 8:30 - 9:30 am<br>Group Cycling<br>Level 1 - 3     |  |  | 8:30 - 9:30 am<br>Group Cycling<br>Level 1 - 3   | 8:30 - 9:30 am<br>Weekend Wheels<br>Level 1 - 3                      |   |
| 9:30  |   |  | 9:00 - 9:30 am<br>Begin To Cycle<br>Level 1 - 2            |  |  | 9:45 - 10:45 am<br>Group Cycling<br>Level 1 - 3                      | 1:00 - 2:00<br>Group Cycling<br>Level 1 - 3   |
| 4:30  | 4:30 - 5:30 pm<br>Group Cycling<br>Level 1 - 3          | 4:30 - 5:30 pm<br>Group Cycling<br>Level 1 - 3     |  | 4:30 - 5:30 pm<br>Group Cycling<br>Level 1 - 3     | 5:00 - 6:00 pm<br>Group Cycling<br>Level 1 - 3   |  | 2:30 - 3:30<br>Group Cycling<br>Level 1 - 3   |
| 5:30  | 5:30 - 6:30 pm<br>Interval Cycling<br>Level 1 - 3       | 5:30 - 6:30 pm<br>Interval Cycling<br>Level 1 - 3  | 5:30 - 6:30 pm<br>Interval Cycling<br>Level 1 - 3          | 5:30 - 6:30 pm<br>Cardio Cycle<br>Level 1 - 3      | <b>All classes subject to change.</b><br><br><b>Cycling Policies</b><br>ATHLETIC SHOES ARE REQUIRED. We encourage cycling participants to arrive 5-minutes before class for proper bike set-up. Participants are not allowed in a class after 10-minutes have passed for our safety and the safety of the class. |  |   |
| 6:30  | 6:30 - 7:30 pm<br>Begin To Cycle<br>Level 1             | 6:30 - 7:30 pm<br>Interval Cycling<br>Level 1 - 3  | 6:30 - 7:30 pm<br>Interval Cycling<br>Level 1 - 3          | 6:30 - 7:30 pm<br>Interval Cycling<br>Level 1 - 3  |  |  |   |
| 7:30  |   | 7:30 - 8:30 pm<br>Interval Cycling<br>Level 1 - 3  |  | 7:30 - 8:30 pm<br>Interval Cycling<br>Level 1 - 3  |  |  |   |