

QUINCY FAMILY YMCA AEROBIC SCHEDULE Winter Session January 2nd - February 25th

Gymnasium/Outside or Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15am ROW-LATES		5:30-6:15am ROW-LATES			
9:00	8:30 - 9:00 am Indo-Row	8:30 - 9:00 am Abdominals		8:30 - 9:00 am Abdominals		8:30 - 9:00 am Indo-Row	
	9:00-9:30am Indo-Row	9:00 - 10:00 am Cardio Sculpt	9:00-9:30am Indo-Row	9:00 - 10:00 am Cardio Sculpt	9:00-9:30am Indo-Row		
10:00		10:00-10:30am Indo-Row		10:00-10:30am Indo-Row			10:30-11:00am Indo-Row
12:15		12:15-12:45pm Indo-Row		12:15-12:45pm Indo-Row		<u>All Classes subject to change</u>	
4:30	4:30-5:00pm Indo-Row	4:30-5:00pm Indo-Row	4:30-5:30 Row/Cycle/Core	4:30-5:00pm Indo-Row		Revised 1/16/2012	
		5:00-5:30pm BOSU Pump		5:00-5:30pm BOSU Pump			
5:30	5:30-6:00pm Indo-Row	5:30 - 6:30 pm Evening Yoga	5:30-6:00pm Indo-Row	5:30 - 6:30 pm Evening Yoga	5:00-6:00 Row/Cycle/Core		
	6:00-6:30pm Indo-Row		6:00-6:30pm Indo-Row				

AEROBICS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	5:45 - 7:00 am Morning Yoga Sarah/Cathy	5:45-6:15 am CardioBlast Camille	5:45 - 7:00 am Morning Yoga Sarah/Cathy	5:45-6:15 am CardioBlast Camille	5:45 - 7:00 am Morning Yoga Sarah/Cathy		
		7:25 - 8:30 am C.A.T Mary		7:25 - 8:30 am C.A.T Mary			<u>All Classes subject to change</u>
8:30	8:30 - 9:30 am Step & Muscle Mary	8:30 - 9:30 am Fit Beginnings Gloria	8:30 - 9:20 am Pilates Gloria/Lois	8:30-9:30am Fit Beginnings Johanna	8:30 - 9:30 am Step & Muscle Mary	7:45 - 9:00am Saturday Yoga Sarah/Cathy	
9:30	9:30-10:30am Muscle Madness Beth H.		9:30 - 10:30 am Zumba	9:30-10:30am Zumba Gold	9:30-10:30am Muscle Madness Johanna	9:00 - 10:00 am Turbo Kick Kim	
						10:00 - 11:00 am Karate Class	
12:15	12:15-12:45pm Kettelbell Pump	12:15 - 12:45 pm Muscle Cond. Sherri	12:15-12:45pm Kettelbell Pump	12:15 - 12:45 pm Muscle Cond. Sherri			1:00-1:30pm Swingin' Lori
					Shaded area marks a speciality class. All speciality classes require registration and a separate fee.		1:30-2:00pm Foam Roller Lori
4:30	4:30 - 5:25 pm Step & Muscle Lori		4:30-5:00pm Swingin' Lori				
			5:00-5:30pm Foam Roller Lori				
5:30	5:15-5:45pm Cross Train		5:15-5:45pm Cross Train				
	5:30 - 6:25 pm Body Blast Lisa		5:30 - 6:25 pm Body Blast Lisa		ZUMBA is FREE for members. Non-members may purchase 8 punches for \$48 at the welcome desk.		
6:30	6:00 - 7:00 Zumba		6:00 - 7:00 Zumba				
	6:30 - 7:30 pm Turbo Kick Kim	7:00 - 8:30 pm Karate Class		7:00 - 8:30 pm Karate Class			

CYCLING - GROUP FITNESS ROOM OFF WEST END OF GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	5:30 - 6:30am PowerCycling Jen	5:30 - 6:30am Sunrise Cycling Lois	5:30 - 6:30am PowerCycling Jen	5:30 - 6:30am Sunrise Cycling Lois	5:30 - 6:30am Sunrise Cycling Julie B.	All Classes subject to change	
	8:30 - 9:30am PowerCycling Jen		8:30 - 9:30am PowerCycling Jen		8:30-8:55 Group Cycling		
12:00	12:10-1:00 Noon Cycling Judy		12:10-1:00 Noon Cycling Judy		12:10-1:00 Noon Cycling Judy		1:00-2:00pm PowerCycling Jen
	4:30 - 5:25pm Group Cycling Judy	4:30 - 5:25pm Group Cycling Judy	4:30-5:30 Ros/Cycle/Core Julie B.		5:00-6:00pm Row/Cycle/Core Julie B.		
5:30	5:30 - 6:30pm Cycle N Strengthen Joanne	5:35 - 6:25pm Interval Cycling Roger	5:30 - 6:30pm Interval Cycling Joanne	5:35 - 6:25pm Interval Cycling Roger	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 your safety and the safety of the class.		
6:30		6:35-7:30pm PowerCycling Jen		6:35-7:30pm PowerCycling Jen			

New Class Descriptions

Row/Cycle/Core - Class begins in the multi-purpose room with 20 minutes on the rowers then moves to the cycling room for 20 minutes on the bikes and ends with 10 minutes of core training. Participants pick up a **row pass** for this class to ensure they have a boat/rower.

PowerCycling - a full 60 minutes of Indoor Cycling focusing on power and strength on the bike. Make sure to pick up a cycling pass at the front desk before going to class.

Cycle and Strength- A cycling class for all levels and the instructor will get you off the bike for additional strength training using exercise balls and hand weights. Make sure to pick up a cycling pass at the front desk before going to class.