

# GROUP EXERCISE SCHEDULE

updated 6.1.23



## QUEENAX Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	<b>Silver Sneakers</b> Stacy A 8-8:45am	<b>Silver Sneakers</b> Classic Jody 8-8:45am	<b>Metabolic Boost</b> Stacy A 8-8:45am	<b>Silver Sneakers</b> Yoga Carol 8-8:45am		
9:00 AM	<b>Core and More</b> Elisa 9-9:45am	<b>Silver Sneakers</b> Yoga Jody 9-9:45am	<b>CIRLC Mobility</b> Elisa 9-9:45am			
12:00 PM		<b>Lunch WOD</b> Andrew 12-12:45pm		<b>Lunch WOD</b> Joy 12-12:45pm		
5:00 PM	<b>HIIT</b> Joy 5-5:45pm		<b>Queenax Warrior</b> Taylor 5-5:45pm		<b>Queenax Warrior</b> Taylor 5-5:45pm	

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## Group Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	<b>Forever Fit</b> Taylor 5:30-6:15am	<b>Cardio Circuit</b> Stacy S 5:30-6:15am	<b>Forever Fit</b> Taylor 5:30-6:15am	<b>TriFIT</b> Lori 5:30-6:15am	<b>Forever Fit</b> Taylor 5:30-6:15am	
6:30 AM		<b>TriFit</b> 6:30-7:30am Lori				
7:00 AM				<b>Good Old Step</b> Vita 7-7:55am		
8:00 AM	<b>Cardio Core</b> Stacy S 8-8:55am	<b>Pop Pilates</b> Joy 8-8:45am	<b>HIIT</b> Jessie C 8-8:45am	<b>Barre Fitness</b> Elisa 8-9am	<b>Strong By Zumba</b> Joy 8-8:45am	<b>Cardio Strength</b> Tammy 8-9am
9:00 AM	<b>20/15/10</b> Joy 9-9:45am	<b>Totally Toned</b> Rebecca 9-9:55am	<b>Body Sculpt</b> Stacy S 9-10am	<b>Totally Toned</b> Carol 9-10am	<b>Pop Pilates</b> Joy 9-10am	<b>Move Better</b> Tammy 9-10am
10:00 AM	<b>Tabata</b> Stacy A 10-11am	<b>20/15/10</b> Stacy A 10-10:45am	<b>Yoga Flow</b> Liva 10-11am		<b>Yoga-Yin Flow</b> Carol 10-11am	
12:00 PM	<b>Group Cycling</b> Andrew 12-12:45pm		<b>Group Cycling</b> Andrew 12-12:45pm			
5:00 PM	<b>TriFit</b> Lori 5-5:55pm	<b>20/15/10</b> Joy 5-5:45pm	<b>Vinyasa Yoga</b> Carol 5-6pm	<b>Group Cycling</b> Joy 5-5:45pm	<b>Strong by Zumba</b> Lori 5-6pm	
5:45 PM		<b>WERQ</b> Angelica 5:45-6:30p				
6:00 PM	<b>Strong by Zumba</b> Joy 6-6:45pm	<b>Hip Hop Spin</b> Angelica 6:35-7:20pm	<b>Barre Fitness</b> Elisa 6-7:00pm	<b>Pop Pilates</b> Joy 6-7pm	<b>Zumba</b> Elisa 6:15-7pm	
7:00 PM				<b>Hip Hop Spin</b> Holly 7-7:45pm pop-up dates only		

**Special Notes:**  
Group Cycling Classes Require Registration Specialty Paid Class

Hip Hop Spin Class Requires Registration Specialty Paid Class

Hip Hop Spin Pop-up Class Requires Registration - \$5/class Pop-up Dates ONLY:  
6/15, 6/29, 7/13, 7/27, 8/10, 8/24