

GROUP EXERCISE SCHEDULE

updated 5.29.26



QUEENAX Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Silver Sneakers Stacy A 8-8:45am	Silver Sneakers Classic Stacy A 8-8:45am	Metabolic Boost Stacy A 8-8:45am	Silver Sneakers Yoga Carol 8-8:45am	Block Therapy* Carol 7:30-8:45 a.m.	
9:00 AM	Chair Yoga Linda 9-9:45am	Silver Sneakers Yoga Jody 9-9:45am	Sports Performance Ale 9-10 am	Core and More Elisa 9:10-9:45am		
10:00 AM		Chair Yoga Jody 10-10:45am				
10:30 AM				Block Therapy* Carol		
11:00 AM				10:15-11:30am		
11:30 AM						
12:00 PM	Silver Sneakers Linda 12:00-12:45pm	Lunch WOD Andrew 12-12:45pm		Lunch WOD Ale 12-12:45pm		
5:00 PM	HIIT Joy 5-5:45pm	Strength to Power Kayla 5-5:45pm				
6:00 PM						

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Join @YMCA of Dodge County Fitness

Block Therapy* is a paid class registration required

Group Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Rise and Grind Lori 5:30-6:15am	Cardio Circuit Stacy S 5:30-6:15am		TriFit Lori 5:30-6:15am	Tabata Tone Stacy S 5:30-6:15am	
6:30 AM						
7:00 AM						
8:00 AM	Kickboxing Cardio Stacy S 8-8:55am	Core and More Stacy S 8-8:55am	Total Body Fitness Lori 7:55-9am	Barre Fitness Elisa 8-9am	Strong Nation Joy 8-8:45am	Cardio Strength Tammy 8-9am
9:00 AM	Tabata Stacy A 9-10am	Pop Pilates Joy 9-10am	TRX Circuit Stacy A 9-10am	Cardio Tone Carol 9-10am	Pop Pilates Joy 9-10am	Stretch and Balance Tammy 9-10am
10:00 AM	Yoga Slow Flow Linda 10-11am	20/15/10 Stacy A 10-10:45am	Yoga Flow Liva 10-11am	CIRCL Mobility Elisa 10-10:45am	Yoga-Yin Flow Carol 10-11am	
11:00 AM	Tai Chi Linda 11:00-11:50am	Tai Chi Linda 11:00-11:50am				
12:00 PM	Group Cycling Andrew 12-12:45pm		Group Cycling Andrew 12-12:45pm			
5:00 PM	Barre Fitness Lori 5-5:55pm	Tai Chi Linda 5-6:00 p.m.	Vinyasa Yoga Carol 5-6pm	Pop Pilates Joy 5-6pm		
6:00 PM	Strong Nation Joy 6-6:55pm	Spin Crew Holly 6:35-7:20pm	Barre Fitness Elisa 6-7:00pm	Spin Crew Holly 6:35-7:20pm		
7:00 PM	Spin Crew Holly 6:55-7:50pm		Zumba Elisa 7-7:45pm			

Special Notes:
New Classes:
Lunch Wod Thu 12pm; Strength to Power Tue 5PM

Hip Hop Spin Class Requires Registration

Spin Crew Class Requires Registration