



# Bob Freesen YMCA

# Fitness Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND	6 a.m.	Weekday Workout Abi 6:30-7:15		Weekday Workout Abi 6:30-7:15		Fitness Stations * 6-7:30	
	7 a.m.		Weekday Workout Abi 7-7:45		Chi Ball Terri 7-7:45	Wall Pilates Abi 7-7:30 Step Jennifer 7:45	
	8 a.m.	Fit Mix Terri 8:30-9:30	BootyBarre Sarah 8:15-9	Fit Mix Terri 8:30-9:30	BootyBarre Sarah 8:15-9	PiYo Heather 8:30-9	Toning Abi 8:30-9
	8 a.m. (Room off free weights)			MOVE! Khara 8:00		MOVE! Khara 8:00	
	9 a.m.		Block Therapy Lynn 9:15-10		Block Therapy Lynn 9:15-10	Zumba Heather 9-9:45	Yoga 9:15-9:45
	10 a.m.	Chair Yoga Amy 10-10:45				Chair Yoga Amy 10-10:45	
	11 a.m.	Rock Steady Boxing* Amy 11-12:15			Parkinson's Movement Amy 11:30-12:30	Rock Steady Boxing* Amy 11-12:15	
	noon	Rock Steady Boxing* Amy 12:30-1:30	Toning Terri 12:15-12:45		Parkinson's Movement Amy 12:45-1:45	Toning Terri 12:15-12:45	Rock Steady Boxing* Amy 12:30-1:30
	1 p.m.	Rock Steady Boxing* Amy 1:45-3	Women on Weights Amy 1:15-2			Women on Weights Amy 1:15-2	Rock Steady Boxing* Amy 1:45-3
	2 p.m.				Parkinson's Movement Amy 2-3		
	2 p.m.	Seniorcise Shirley 2:15-3			Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3
	3 p.m.	Rock Steady Boxing* Amy 3:15-4:30			Parkinson's Movement Amy 3:15-4:15		Rock Steady Boxing* Amy 3:15-4:30
	5 p.m.	Pilates Maria 5-5:45	CardioBlast! Amy 5:15-5:45				
6 p.m.				Yoga Allie 5:30-6:15			
WATER	8:30-9:30am	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	
	1-2 p.m.	Senior Exercise Shirley		Senior Exercise Shirley		Senior Exercise Shirley	
	6-7 p.m.	Aquafit	Aquafit	Aquafit	Aquafit		
SPIN	6 a.m.	Spinning 6-6:45	Spinning 6-6:45	Spinning 6-6:45	Spinning 6-6:45	Spinning 6-6:45	
	9 a.m.	Spinning Kate 9-9:45	Express Spin Kate 9-9:30	Spinning Kate 9-9:45	Express Spin Kate 9-9:30	Spinning Jennifer 9-9:45	
	5 p.m.		Spinning Amy 5:30				

\*Rock Steady Boxing Classes—We require all Boxers to complete a one-on-one assessment with Amy prior to class participation and have a written diagnosis of Parkinson's Disease.

Revised 9/10/24 jlb