



# Bob Freesen YMCA Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Spinning 6am	Spinning Jennifer 6am	Spinning 6am		Spinning Jennifer 6am	Spinning 6am	
Weekday Workout Abi 6:30-7:15am		Weekday Workout Abi 6:30-7:15am			Fitness Stations** 6:00-7:30am	
	Step Trish 7-7:45 am			Chi Ball Terri 7-7:45am	Step Jennifer 7:45-8:15am	
		MOVE! Khara 8-8:30am			MOVE! Khara 8-8:30am	
Fit Mix Terri 8:30-9:30am	Booty Barre Sarah 8:15-9am	Fit Mix Terri 8:30-9:30am		Booty Barre Sarah 8:15-9am	PiYo Heather 8:30-9am	
Aquafit 8:30-9:30am	Aquafit 8:30-9:30am	Aquafit 8:30-9:30am		Aquafit 8:30-9:30am	Aquafit 8:30-9:30am	
Spinning Kate 9-9:45am	Express Spin Kate 9-9:30am	Spinning Kate 9-9:45am		Spinning Kate 9-9:30am		
	Block Therapy Lynn 9:15-10:15am			Block Therapy Lynn 9:15-10:15am	Zumba Heather 9-9:45am	Yoga Kai 9:15-9:45am
Chair Yoga Amy 10-10:45am					Chair Yoga Amy 10-10:45am	
Rock Steady Boxing* Amy 11:30am-12:30pm		Parkinson's Movement Amy 11:30am-12:30pm			Rock Steady Boxing* Amy 11:30am-12:30pm	KEY: LOCATION OF FITNESS CLASSES
Rock Steady Boxing* Amy 12:30-1:30pm	Toning Terri 12:15-12:45pm	Parkinson's Movement Amy 12:30-1:30pm		Toning Terri 12:15-12:45pm	Rock Steady Boxing* Amy 12:30-1:30pm	
Senior Exercise Shirley 1-2pm		Senior Exercise Shirley 1-2pm			Senior Exercise Shirley 1-2pm	Assembly Room
Rock Steady Boxing* Amy 1:45-3pm	Women on Weights Amy 1:15-2pm	Rock Steady Boxing* Amy 1:45-3pm		Women on Weights Amy 1:15-2pm	Rock Steady Boxing* Amy 1:45-3pm	Y Fit Room off Free Weight Room
Seniorcise Shirley 2:15-3		Parkinson's Movement Amy 2-3pm	Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3	Pool
Rock Steady Boxing* Amy 3:15-4:45pm		Parkinson's Movement Amy 3:15-4:30pm			Rock Steady Boxing* Amy 3:15-4:45pm	**Fitness Stations on Fridays will be as follows: 1 <sup>st</sup> , 15 <sup>th</sup> , 29 <sup>th</sup> Abi teaching 8 <sup>th</sup> & 22 <sup>nd</sup> Stations, no instructor
Pilates Maria 5-5:45pm	CardioBlast! Amy 5:15-5:45pm	Yoga Allie 5:30-6:15pm			Booty Barre Sarah 5-5:45pm	
	Spinning Callie 5-5:45pm			Spinning Callie 5-5:45pm		
Aquafit 6-7pm	Aquafit 6-7pm	Aquafit 6-7pm		Aquafit 6-7pm	Aquafit 6-7pm	

\*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 11/22/24 jlb