



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	
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: 3rd, 17th, 31st Abi teaching; 10th & 24th no instructor
Pilates Maria 5-5:45pm	CardioBlast! Amy 5:15-5:45pm	Yoga Allie 5:30-6:15pm			
	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 1/8/25 jlb