



Bob Freesen YMCA Spring 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 | | | |
| | | | Chi Ball Terri 7-7:45am | Step Jennifer 7:45-8:15am | |
| | | Move! Khara 8-9am | | Move! Khara 8-9am | |
| 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 | |
| See | Back | For Spin dates | In Apr & May | | |
| | Block Therapy Lynn 9:15-10:15am | | Block Therapy Lynn 9:15-10:15am | Zumba Heather 9-9:45am | Yoga Kai 9:15-10am |
| 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 | |
| Seniorcise Shirley 1-2pm | | Seniorcise Shirley 1-2pm | | Seniorcise 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 |
| Senior Exercise Shirley 2:15-3 | | Parkinson's Movement Amy 2-3pm | Senior Exercise Shirley 2:15-3 | Senior Exercise 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 | |
| Pilates Maria 5-5:45pm | CardioBlast! Amy 5:15-5:45pm | Yoga Kai 5-5:45pm | | | |
| | Spinning Callie 5-5:45pm | | Spinning Callie 5-5:45pm | < - Unfortunately, Callie is taking the summer off | |
| 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 4/15/25 jlb

9am Spin Classes

Adam is available to teach the following days:

Mon 4/14–Thurs 4/17

Mon 4/21, Wed 4/23, Thurs 4/24

Mon 4/28, Wed 4/30

Mon 5/5

Mon 5/12, Wed 5/14

Mon 5/19

Wed 5/28 (Closed Mon 5/26)

Sarah Khan will hopefully be available to start teaching T & Th starting the beginning of May.