



Maquoketa YMCA Fitness Schedule October - December 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:15 AM Body Pump MPR	5:15-6:00 AM Cycling GYM	5:45-6:15 AM Body Pump MPR	5:15-6:00 AM Cycling GYM	5:30-6:00 AM Kettlebell GYM		
6:30-7:00 AM RPM MPR	6:15-6:45 AM Body Pump MPR	6:30-7:00 AM RPM MPR	6:15-6:45 AM Body Pump MPR	6:30-7:00 AM RPM MPR		
7:15-7:45 AM Les Mills Dance MPR	7:00-7:45 AM Yoga MPR	7:15-7:45 AM Les Mills Dance MPR	7:00-7:45 AM Body Balance MPR	7:15-7:45 AM Les Mills Dance MPR	7:15-8:00 AM RPM MPR	
8:00-8:45 AM Aqua Fit Pool	8:00-8:45 AM Float & Fit Pool	8:00-8:45 AM Aqua Fit Pool	8:00-8:45 AM Float & Fit Pool	8:00-8:45 AM Water Walking Pool		
9:00-9:45 AM Body Balance MPR	9:15-10:15 AM Power Hour MPR	9:00-9:45 AM Body Balance MPR	9:15-10:15 AM Power Hour MPR	9:00-9:45 AM Body Balance MPR		
10:00-10:45 AM Water Walking Pool						
10:00-3:00 PM On Demand MPR	10:30-3:00 PM On Demand MPR	10:00-3:00 PM On Demand MPR	10:30-3:00 PM On Demand MPR	10:00-3:00 PM On Demand MPR		
3:15-3:45 PM Born to Move MPR	3:15-3:45 PM Born to Move MPR	3:15-4:00 PM Youth Yoga MPR	3:15-3:45 PM Born to Move MPR	3:15-3:45 PM Born to Move MPR		8:15am-4:45 On Demand MPR
4:00-4:45 PM Body Combat MPR	4:00-4:45 PM Body Pump MPR	4:15-4:45 PM Core MPR	4:00-4:45 PM RPM MPR	4:00-4:45 PM Body Attack MPR	12:00-4:45 PM On Demand MPR	
5:00-5:45 PM Sit & Be Fit GYM	5:00-5:45 PM Stretch & More GYM	5:00-5:45 PM Cardio Hardio GYM	5:45-6:45 PM Yoga MPR			
		5:30-6:15 PM RPM MPR				
6:00-6:45 PM Float & Fit Pool	5:30-6:15 PM Aqua Fit Pool	6:00-6:45 PM Float & Fit Pool	5:30-6:15 PM Aqua Fit Pool			
7:00-8:45 PM On Demand MPR	6:30-8:45 PM On Demand MPR	7:00-8:45 PM On Demand MPR	6:30-8:45 PM On Demand MPR	6:30-8:45 PM On Demand MPR		
YMCA Closes 9:00 PM	YMCA Closes 9:00 PM	YMCA Closes 9:00 PM	YMCA Closes 9:00 PM	YMCA Closes 8:00 PM	YMCA Closes 5:00 PM	YMCA Closes 5:00 PM

All Classes Listed in Gray will be Virtual Classes in the Multipurpose Room played on the TV.