



Maquoketa YMCA Fitness Schedule November - 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 | | | | | |
| | 7:00-7:45 AM Yoga MPR | | 7:00-7:45 AM Body Balance MPR | | | | 7:15-8:00 AM RPM MPR | | |
| 7:15-7:45 AM Les Mills Dance MPR | 7:00-7:45 AM Water HIIT Pool | 7:15-7:45 AM Les Mills Dance MPR | 7:00-7:45 AM Water HIIT Pool | 7:15-7:45 AM Les Mills Dance 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 HIIT 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 | | | | | |
| 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 | | | | | |
| 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.