



Maquoketa YMCA Group Fitness Schedule May 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15 AM Body Pump MPR Virtual	5:15-6:00 AM Cycling GYM Sandy	5:45-6:15 AM Body Pump MPR Virtual	5:15-6:00 AM Cycling GYM Sandy	5:30-6:00 AM Kettlebell GYM Sandy		
6:30-7:00 AM RPM MPR Virtual	6:15-6:45 AM Body Pump MPR Virtual	6:30-7:00 AM RPM MPR Virtual	6:15-6:45 AM Body Pump Pool Virtual	6:30-7:00 AM RPM MPR Virtual		
7:00-7:45 AM Water HIIT Pool Kisa	7:00-7:45 AM Yoga MPR Nancy		7:00-7:45 AM Water HIIT Pool Kisa		7:15-8:00 AM RPM MPR Virtual	
8:00-8:45 AM Aqua Fit Pool Deb	8:00-8:45 AM Water HIIT Pool Kisa	8:00-8:45 AM Aqua Fit Pool Deb	8:00-8:45 AM Water HIIT Pool Kisa	8:00-8:45 AM Water HIIT Pool Kisa		
9:00-9:45 AM Body Balance MPR Virtual	9:15-10:15 AM Power Hour MPR Amanda	9:00-9:45 AM Grit MPR Virtual	9:15-10:15 AM Power Hour MPR Amanda	9:00-9:45 AM Grit MPR Virtual		
10:00-3:00 PM On Demand MPR Virtual	10:30-3:00 PM On Demand MPR Virtual	10:00-3:00 PM On Demand MPR Virtual	10:30-3:00 PM On Demand MPR Virtual	10:00-3:00 PM On Demand MPR Virtual		
3:15-3:45 PM Born to Move MPR Virtual	3:15-3:45 PM Born to Move MPR Virtual	3:15-4:00 PM Youth Yoga MPR Lindsay	3:15-3:45 PM Born to Move MPR Virtual	3:15-3:45 PM Born to Move MPR Virtual		8:15am-4:45 PM On Demand MPR Virtual
4:00-4:45 PM Body Combat MPR Virtual	4:00-4:45 PM Body Pump MPR Virtual	4:15-4:45 PM Core MPR Virtual	4:00-4:45 PM RPM MPR Virtual	4:00-4:45 PM Body Attack MPR Virtual	12:00-4:45 PM On Demand MPR Virtual	
5:00-5:45 PM Sit & Be Fit GYM Reggie	5:00-5:45 PM Stretch & More GYM Reggie	5:00-5:45 PM Cardio Hardio GYM Reggie	5:45-6:45 PM Yoga MPR Nancy			
5:45-6:30 PM Pool Fitness Pool Reggie		5:30-6:15 PM RPM MPR Virtual				
		5:45-6:30 PM Functional Strength Weight Room Kiri				
	5:30-6:15 PM Aqua Fit Pool Deb	5:45-6:30 PM Pool Fitness Pool Reggie	5:30-6:15 PM Aqua Fit Pool Deb			
	6:30-7:30 PM Strength Training Weight Room Nick		6:30-7:30 PM Strength Training Weight Room Nick			
7:00-8:45 PM On Demand MPR Virtual	6:30-8:45 PM On Demand MPR Virtual	7:00-8:45 PM On Demand MPR Virtual	6:30-8:45 PM On Demand MPR Virtual	6:30-8:45 PM On Demand MPR Virtual		
YMCA Closes @ 9:00	YMCA Closes @ 9:00	YMCA Closes @ 9:00	YMCA Closes @ 9:00	YMCA Closes @ 8:00	YMCA Closes @ 5:00	YMCA Closes @ 5:00

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