



Maquoketa YMCA Group Fitness Schedule January 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45-6:30 AM Body Pump MPR Virtual	5:15-6:00 AM Cycling GYM Sandy	5:45-6:30 AM Body Pump MPR Virtual	5:15-6:00 AM Cycling GYM Sandy	5:30-6:00 AM Kettlebell GYM Sandy			
6:45-7:30 AM RPM MPR Virtual	6:15-6:45 AM Body Pump MPR Virtual	6:45-7:30 AM RPM MPR Virtual	6:15-6:45 AM Body Pump MPR Virtual	6:30-7:00 AM RPM MPR Virtual			
7:00-7:45 AM Water HIIT Pool Kisa			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			
	1:00-2:00 PM Power Hour MPR Amanda		1:00-2:00 PM Power Hour MPR Amanda			8:15am-4:45 PM On Demand MPR Virtual	
		3:15-4:00 PM Youth Yoga MPR Lindsay					
	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	5:45-6:30 PM Weight Training Wellness Center Kiri	5:30-6:15 PM RPM MPR Virtual			12:00-4:45 PM On Demand MPR Virtual		
	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				
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.							

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