



Maquoketa YMCA Group Fitness Schedule April 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 | | | |
| | | 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 | | | 12:00-4:45 PM On Demand MPR Virtual | |
| 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 | 5:45-6:45 PM Yoga MPR Nancy | | | |
| | 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.