

Maquoketa YMCA
Group Fitness Schedule
July 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	7:15-8:00 AM RPM MPR Virtual	8:15am-4:45 PM On Demand MPR Virtual
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			
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	12:00-4:45 PM On Demand MPR Virtual		
	5:00-5:45 PM Stretch & More GYM Reggie					
5:00-5:45 PM Sit & Be Fit GYM Reggie	5:30-6:15 PM Youth Yoga MPR Lindsay	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				
	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 @ 8:00	YMCA Closes @ 8:00	YMCA Closes @ 8:00	YMCA Closes @ 8:00	YMCA Closes @ 8:00	YMCA Closes @ 5:00	YMCA Closes @ 4:00
All Classes Listed in Gray will be Virtual Classes in the Multipurpose Room played on the TV.						