

Maquoketa YMCA
Group Fitness Schedule
November 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	6:00-6:30 AM Kettlebell GYM Sandy	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	5:45-6:30 AM Body Pump 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		6:45-7:30 AM RPM MPR Virtual	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 Tabata 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			
	6:00-6:45 PM Stretch & More GYM Reggie					
5:00-5:45 PM Sit & Be Fit GYM Reggie	5:30-7:30 PM Martial Arts MPR James	5:00-5:45 PM Cardio Hardio GYM Reggie		3:00-4:00 PM Youth Yoga MPR Lindsay	12:00-4:45 PM On Demand MPR Virtual	8:15am-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 @ 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.						
Thanksgiving Hours 7am-11am						