



**Group Exercise Class Schedule  
YMCA at Gothenburg Health Wellness Center starting  
September 2017**

<b><u>Monday</u></b>	5:30am-6:15am	PiYo	Alexa Libal
	5:30pm-6:30pm	Boot Camp	Heather Kohl
	7:00pm-8:00pm	REFIT®	Casey Sutton
<b><u>Tuesday</u></b>	5:30am-6:15am	Barre	Alexa Libal
	10am-11am	Strength/Yoga	Lisa Strand
	12:00pm-12:45pm	Aqua Fit	Julie Czochara Comfort Suites Pool
	3:30pm-4:15pm	Cycle	Robin Lutz
	4:30pm-5:15pm	Pilates	Robin Lutz
	5:30pm-6:15pm	Yoga Flow	Robin Lutz
<b><u>Wednesday</u></b>	5:45am-6:15am	Aqua Intervals	Alexa Libal Comfort Suites Pool
	7:00pm-8:00pm	REFIT®	Casey Sutton
<b><u>Thursday</u></b>	7am	10 mile bike ride Weather Permitting	Lisa Strand
	5:30am-6:00am	H.I.I.T (High Intensity Interval Training)	Alexa Libal
	6:00am-7:00am	PiYo	Casey Sutton
	10am-11am	Strength/Yoga	Lisa Strand
	12:00pm-12:45pm	Aqua Fit	Julie Czochara Comfort Suites Pool
	5:30pm-6:30pm	Cardio Kickboxing	Heather Kohl
<b><u>Friday</u></b>	6:00am-7:00am	PiYo	Casey Sutton

**All classes are included with your YMCA membership.  
\$5.00 fee per class for non-members**

- Fall classes will start after Labor Day.  
Aqua Intervals will start Wednesday September 6 and Aqua Fit will start Tuesday September 12.
- All PiYo classes will begin the week of September 11.
- Please watch our Facebook page or call the Wellness Center for any schedule changes at 308.537.4022.

The YMCA at Gothenburg Health Wellness Center staff and Group Fitness Instructors would like to thank you for your patience as we try to fit in as many varieties of classes with our limited space. We are looking forward to the opening of the new YMCA at Gothenburg Health building in 2018!

