



**YMCA at Gothenburg Health  
Fitness Schedule  
May – August 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Barre</b> 5:30am-6:15am Robin Lutz <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45am-6:15am Member Instructed <b>Pool</b>	<b>H.I.I.T</b> 5:30am-6:00am Robin Lutz <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45am-6:15am Member Instructed <b>Pool</b>	
		<b>PiYo</b> 6:00am-7:00am Casey Sutton <b>Y Gym</b>	<b>Wednesday Worship Workout</b> 7am-7:30am Julie Czochara <b>Y Fitness Room</b>	<b>PiYo</b> 6:00am-7:00am Casey Sutton <b>Y Gym</b>		<b>Hatha Yoga</b> Kim Stratton 9:00am-10:00am <b>Wellness Center</b>
		<b>Fitness Basix</b> 10am-10:45am Robin Lutz <b>Y Fitness Room</b>		<b>Strength/Yoga</b> 10am-11am Lisa Strand <b>Y Fitness Room</b>		
		<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Pool</b>	<b>Wednesday Worship Workout</b> 12pm-12:30pm Julie Czochara <b>Y Fitness Room</b>	<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Pool</b>		
	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	<b>Hatha Yoga</b> Kim Stratton 5:15pm-6:15pm <b>Wellness Center</b>	
	<b>No Limits</b> 5:30pm-6:30pm Heather Kohl <b>Y Fitness Room</b>					
	<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton <b>Y Fitness Room</b>		<b>REFIT®</b> 7:00pm-8:00pm Casey Sutton <b>Y Fitness Room</b>			