



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

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