



**YMCA at Gothenburg Health  
Fitness Schedule  
June-August 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cardio Crunch</b> 5:30-6:15am Alexa Libal <b>GPS Track</b>	<b>Barre</b> 6:00am-6:45am Alexa Libal <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45-6:15am Alexa Libal <b>Outdoor Pool</b>	<b>H.I.I.T</b> 5:45-6:15am Alexa Libal <b>Outdoor Pool Parking Lot</b>	<b>Macho Dads Fitness</b> 6:00 am-7:00 am Colten Venteicher <b>YMCA Building</b>	
	<b>Macho Dads Fitness</b> 6:00 am-7:00 am Colten Venteicher <b>YMCA Building</b>	<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Outdoor Pool</b>	<b>Macho Dads Fitness</b> 6:00 am-7:00 am Colten Venteicher <b>YMCA Building</b>	<b>Aqua Intervals</b> 7:00am-7:30am Alexa Libal <b>Outdoor Pool</b>	<b>Drums Alive</b> 9:00am-9:45am Heather Johnson Carol Peterson <b>Y Fitness Room</b>	<b>Hatha Yoga</b> Kim Stratton 9:00am-10:00am <b>Youth Building Yoga Room</b>
	<b>Whoomp (there it is)</b> 12:15pm - 12 :45pm Jaque(Jax) Murphy <b>Y Fitness Room</b>	<b>Whoomp (there it is)</b> 12:15pm - 12 :45pm Jaque(Jax) Murphy <b>Y Fitness Room</b>	<b>Body &amp; Soul</b> 9:00am-10:00am Heather Johnson <b>Y Fitness Room</b>	<b>Aqua Fit</b> 12pm-12:45pm Julie Czochara <b>Outdoor Pool</b>	<b>Whoomp (there it is)</b> 12:15pm - 12 :45pm Jaque(Jax) Murphy <b>Y Fitness Room</b>	
	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	<b>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	
	<b>Deep Water Aqua</b> 5:30pm-6:15pm Julie Czochara <b>Y Indoor Pool</b>					
	<b>No Limits</b> 5:30pm-6:30pm Heather Kohl <b>Y Fitness Room</b> (starts August 2 <sup>nd</sup> )					

Schedule subject to change. For more information call 308-537-4022