



**YMCA at Gothenburg Health  
Fitness Schedule  
January – May 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cardio Crunch</b> 5:30-6:15am Alexa Libal <b>Y Fitness Room</b>	<b>Barre</b> 5:30am-6:15am Alexa Libal <b>Y Fitness Room</b>	<b>Aqua Intervals</b> 5:45-6:15am Alexa Libal <b>Y Indoor Pool</b>	<b>H.I.I.T</b> 5:30-6:00am Alexa Libal <b>Y Fitness Room</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>Y Indoor Pool</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>Y Indoor Pool</b>	<b>Drums Alive</b> 9:00am-9:45am Heather Johnson <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>Hatha Yoga</b> 5:15pm-6:15pm Kim Stratton <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>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>Encore Dance Studio</b> <b>Uses Y Fitness Room</b> 4:00-8:00pm	<b>Jazzercise</b> 5:15-6:15pm Jacque(Jax) Murphy <b>Y Fitness Room</b>		<b>Jazzercise</b> 5:15-6:00pm Jacque(Jax) Murphy <b>Y Fitness Room</b>	
	<b>No Limits</b> 5:30pm-6:30pm Heather Kohl <b>Y Fitness Room</b>					

**Encore dance is a non-YMCA program. For information regarding this program contact Amariah Gesinski  
Encorekearney@gmail.com 308-520-4042**

**Jazzercise is a non-YMCA program. For information regarding this program contact Jacque Murphy 308-650-9458**

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