



**YMCA at Gothenburg Health
Fitness Schedule
September - December 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Crunch 5:30-6:15am Alexa Ostergard GHS Track	Barre 5:30am-6:15am Alexa Ostergard Y Fitness Room	Aqua Intervals 5:45-6:15am Alexa Ostergard Y Indoor Pool	H.I.I.T 5:30-6:00am Alexa Ostergard GHS Track	Macho Dads Fitness 6am-7am YMCA Building	
	Macho Dads Fitness 6am-7am YMCA Building	Aqua Fit 12pm-12:45pm Julie Czochara Y Indoor Pool	Macho Dads Fitness 6am-7am YMCA Building		Drums Alive 9:00am-9:45am Heather Johnson Y Fitness Room	Hatha Yoga Kim Stratton 9:00am-10:00am Youth Building Yoga Room
	Pickleball 8:30am-11:30am MJ Jensen Y Gym	Whoomp (there it is) 12:15pm-12:45pm Jacque(Jax) Murphy Y Fitness Room	Pickleball 8:30am-11:30am MJ Jensen Y Gym	Aqua Fit 12pm-12:45pm Julie Czochara Y Indoor Pool	Pickleball 8:30am-11:30am MJ Jensen Y Gym	
	Whoomp (there it is) 12:15pm - 12:45pm Jacque(Jax) Murphy Y Fitness Room	Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	Body & Soul 9:00am-10:00am Heather Johnson Y Fitness Room	Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	Whoomp (there it is) 12:15pm - 12:45pm Jacque(Jax) Murphy Y Fitness Room	
	Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	Encore Performing Arts Company 4pm-8pm	Whoomp (there it is) 12:15pm - 12:45pm Jacque(Jax) Murphy Y Fitness Room		Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	
	Deep Water Aqua 5:30pm-6:15pm Julie Czochara Y Indoor Pool		Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room		Jazzercise 5:15-6:00pm Jacque(Jax) Murphy Y Fitness Room	
	No Limits 5:30pm-6:30pm Heather Kohl Y Fitness Room		Jazzercise 5:15-6:15pm Jacque(Jax) Murphy Y Fitness Room			

Classes held at the GHS track will be weather permitting.

Jazzercise is a non-YMCA program. For information regarding this program contact Jacque Murphy 308-650-9458
Encore Performing Arts Company is a non-YMCA program. For information regarding this program contact Amariah Gesinski Encorekarney@gmail.com 308-520-4042

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