



**YMCA at Gothenburg Health  
Fitness Schedule  
January - May 2022**

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

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 [Encorekearney@gmail.com](mailto:Encorekearney@gmail.com) 308-520-4042