



**YMCA at Gothenburg Health
Fitness Schedule
September - December 2022**

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 Indoor 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 6:00am-7:00am YMCA Building	
	Macho Dads Fitness 6:00 am-7:00 am YMCA Building	Aqua Fit 12pm-12:45pm Julie Czochara Y Indoor Pool	Macho Dads Fitness 6:00 am-7:00 am YMCA Building	Aqua Fit 12pm-12:45pm Julie Czochara Y Indoor Pool	Pickleball 8:30am-11:30am MJ Jensen Y Gym	
	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	Hatha Yoga 12pm-1pm & 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	Drums Alive 9:00am-10:00am Heather Johnson Y Fitness Room	Hatha Yoga 9am-10am Kim Stratton Youth Building Yoga Room
	Whoomp (there it is) 12:15pm - 12 :45pm Jacque(Jax) Murphy Y Fitness Room	Hatha Yoga 12pm-1pm & 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	Body & Soul 9:00am-10:00am Heather Johnson Y Fitness Room	Whoomp (there it is) 12:15pm - 12 :45pm Jacque(Jax) Murphy Y Fitness Room	Senior Strength 10:15am-11:00am Erica Schwarz Y Fitness Room	
	Hatha Yoga 12pm-1pm & 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room		Whoomp (there it is) 12:15pm - 12 :45pm Jacque(Jax) Murphy Y Fitness Room			
	Deep Water Aqua 5:30pm-6:15pm Julie Czochara Y Indoor Pool		Hatha Yoga 12pm-1pm & 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room		Hatha Yoga 5:15pm-6:15pm Kim Stratton Youth Building Yoga Room	
	No Limits 5:30pm-6:30pm Heather Kohl Y Fitness Room		Dance H.I.I.T 5:15-6:15pm Jacque(Jax) Murphy Y Fitness Room		Dance H.I.I.T 5:15-6:00pm Jacque(Jax) Murphy Y Fitness Room	

All classes at the GH track are weather permitting