



**YMCA at Gothenburg Health  
Fitness Schedule  
September - December 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cardio Crunch</b> 5:30-6:15am Alexa Ostergard <b>GPS Track</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>GPS Track</b>	<b>Macho Dads Fitness</b> 6:00am-7:00am <b>YMCA Building</b>	
	<b>Macho Dads Fitness</b> 6:00 am-7:00 am <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 <b>YMCA Building</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>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>Hatha Yoga</b> 12pm-1pm & 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga Room</b>	<b>Drums Alive</b> 9:00am-10:00am Heather Johnson <b>Y Fitness Room</b>	
	<b>Whoomp (there it is)</b> 12:15pm - 12 :45pm Jacque(Jax) Murphy <b>Y Fitness Room</b>	<b>Hatha Yoga</b> 12pm-1pm & 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>Whoomp (there it is)</b> 12:15pm - 12 :45pm Jacque(Jax) Murphy <b>Y Fitness Room</b>	<b>Senior Strength</b> 10:15am-11:00am Kim Stratton <b>Y Fitness Room</b>	
	<b>Hatha Yoga</b> 12pm-1pm & 5:15pm-6:15pm Kim Stratton <b>Youth Building Yoga 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> 5:00pm-5:45pm Julie Czochara <b>Y Indoor Pool</b>		<b>Hatha Yoga</b> 12pm-1pm & 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>Dance H.I.I.T</b> 5:15-6:15pm Jacque(Jax) Murphy <b>Y Fitness Room</b>		<b>Dance H.I.I.T</b> 5:15-6:00pm Jacque(Jax) Murphy <b>Y Fitness Room</b>	

All classes at the GPS Track are weather permitting.  
Schedule subject to change. Check social media pages for location changes or cancelations.  
For more information call 308-537-4022