

## YMCA at Gothenburg Health Fitness Schedule January – May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PiYo	Barre	Aqua Intervals	H.I.I.T	Macho Dads	
	5:30-6:15am	5:30am-6:15am	5:45-6:15am	5:30-6:00am	Fitness	
	Alexa Ostergard	Alexa Ostergard	Alexa Ostergard	Alexa Ostergard	6:00am-7:00am	
	Y Fitness Room	Y Fitness Room	Y Indoor Pool	Y Fitness Room	YMCA Building	
	Macho Dads	Aqua Fit	Macho Dads	Aqua Fit	Pickleball	
	Fitness	12pm-12:45pm	Fitness	12pm-12:45pm	8:30am-11:30am	
	6:00 am-7:00 am	Julie Czochara	6:00 am-7:00 am	Julie Czochara	MJ Jensen	
	YMCA Building	Y Indoor Pool	YMCA Building	Y Indoor Pool	Y Gym	
	Pickleball	Whoomp	Pickleball	Hatha Yoga	Drums Alive	
	8:30am-11:30am	(there it is)	8:30am-11:30am	12pm-1pm &	9:00am-10:00am	
	MJ Jensen	12:15pm – 12 :45pm	MJ Jensen	5:15pm-6:15pm	Heather Johnson	
	Y Gym	Jacque(Jax) Murphy	Y Gym	Kim Stratton	Y Fitness Room	
	-	Y Fitness Room	-	Youth Building		
				Yoga Room		
	Whoomp	Hatha Yoga	Body & Soul	Whoomp	Senior Strength	
	(there it is)	12pm-1pm &	9:00am-10:00am	(there it is)	10:15am-11:00am	
	12:15pm – 12 :45pm	5:15pm-6:15pm Kim Stratton	Heather Johnson	12:15pm – 12 :45pm	Erica Schwartz	
	Jacque(Jax) Murphy	Youth Building	Y Fitness Room	Jacque(Jax) Murphy	Y Fitness Room	
	Y Fitness Room	Yoga Room		Y Fitness Room		
	Hatha Yoga	Deep Water Aqua	Whoomp			
	12pm-1pm &	5:30pm-6:15pm	(there it is)			
	5:15pm-6:15pm	Julie Czochara	12:15pm - 12 :45pm			
	Kim Stratton	Y Indoor Pool	Jacque(Jax) Murphy			
	Youth Building		Y Fitness Room			
	Yoga Room					
	No Limits		Hatha Yoga		Hatha Yoga	
	5:30pm-6:30pm		12pm-1pm &		5:15pm-6:15pm	
	Heather Kohl		5:15pm-6:15pm		Kim Stratton	
	Y Fitness Room		Kim Stratton		Youth Building	
			Youth Building		Yoga Room	
			Yoga Room Dance H.I.I.T		Dance H.I.I.T	
			5:15-6:15pm		5:15-6:00pm	
			Jacque(Jax) Murphy		Jacque(Jax) Murphy	
			Y Fitness Room		Y Fitness Room	
			T FILIESS ROOM		T FILIESS KOOM	

Schedule subject to change. Check social media pages for location changes or cancelations. For more information call 308-537-4022