

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