



**YMCA at Gothenburg Health
Fitness Schedule
May – August 2024**

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

Schedule subject to change. Check social media pages for location changes or cancelations.

For more information call 308-537-4022