

YMCA at Gothenburg Health Fitness Schedule May – August 2024

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