

LAND/WATER FITNESS CLASSES 2023 Winter 1 (1/2-2/11) Winter 2 (2/13-3/25) Spring 1 (3/27-5/6)

All classes below are FREE to Y members, except Karate. Silver Sneakers class is FREE to those who qualify.

Some class instructors offer a monthly calendar for your convenience. Indoor Cycling schedule located at bottom of page. Check www.duboismca.org/news for schedule changes

DAY	CLASS Aquatic classes are in BLUE print	TIME	INSTRUCTOR	PLACE
MON	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:00-10:00 am	Shields	MP
	Zumba ® Fitness: Original	5:30-6:30 pm	Wolf-Stom	MP
TUE	Silver Sneakers® Classic	10:00-10:45 AM	Allen	MP
	Water Toning	8:30-9:30 am	Smith	Pool
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
WED	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:00-10:00 am	Shields	MP
	Zumba® Fitness: Toning & AB Mat Work	5:30-6:30 pm	Wolf-Stom	MP
THU	Silver Sneakers® Classic	10:00-10:45 AM	Allen	MP
	Water Toning	8:30-9:30 am	Smith	Pool
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
	Aqua Zumba®	5:15-6:00 pm	Wolf-Stom	Pool
	Karate	6:00-7:30 pm	Panebianco	Aux
FRI	Pound ®	6:15-7:00 am	Norris	MP
	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:00-10:00 am	Shields	MP
SAT	Zumba® Fitness: Toning & AB Mat Work	8:00-9:00 am	Wolf-Stom	MP
CYCLING CLASSES 45 min		(day/times & instructor schedules	subject to change)	ICR
MON			5:30 pm	
TUE	9:00 am		5:30 pm	
WED				
THU	9:00 am			
FRI				
SAT	9:00 am			



MEMBERS: EVEN THOUGH CLASSES ARE FREE, PLEASE REGISTER AT THE BEGINNING OF EACH 6 WEEK SESSION

KEY MP-Multi-Purpose Main

AUX-Auxiliary Gym Main

ICR-Indoor Cycling Room Main