

LAND/WATER FITNESS CLASSES 2023 Fall 1 (9/11-10-21) Fall 2 (10/23-12/2) Holiday 12/4-16)

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 IN CAPS	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	Wake & Work Out		5:30-6:30 am	Duttry	MP
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	MP
	Body Fitne SSS		5:00-6:00 pm	McKolosky	MP
	AQUACISE		6:00-7:00 pm	Dennison	Pool
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	Wake & Work Out		5:30-6:30 am	Duttry	MP
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	MP
	Body Fitne SSS		5:00-6:00 pm	McKolosky	MP
	AQUA ZUMBA®		5:15-6:00 pm	Wolf-Stom	Pool
	AQUACISE		6:00-7:00 pm	Dennison	Pool
	Karate		6:00-7:30 pm	Walk/Panebianco	MP
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
	Wake & Work Out		9:00-10:00 am	Duttry	MP
CYCLING CLASSES 45 MIN			(days/times & instructor schedules	subject to change)	ICR
MON	9:00 am			5:30 pm	
TUE				5:30 pm	
WED	9:00 am				
THU					
FRI	9:00 am				
SAT					

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