

LAND/WATER FITNESS CLASSES 2024 Spring 2 (5/6-6/15) Summer 1 (6/16-7/27) Summer 2 (7/28-8/31) **UPDATED 5/20**

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

Some class instructors offer monthly calendar for your convenience. Indoor Cycling schedule located at bottom of page. Check www.duboisymca.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		9-10 am (8:30-9:30 May 20-Aug 31)	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba ® Fitness: Original		5:30-6:30 pm	Wolf-Stom	Multi-Purpose
TUE	Wake & Work Out		5:30-6:30 am	Duttry	Multi-Purpose
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	Multi-Purpose
	Body Fitne ^{SSS}		5:00-6:00 pm	McKolosky	Multi-Purpose
WED	AQUACISE		8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness		9-10 am (8:30-9:30 May 20-Aug 31)	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba® Fitness: Toning & AB Mat Work		5:30-6:30 pm	Wolf-Stom	Multi-Purpose
THU	Wake & Work Out		5:30-6:30 am	Duttry	Multi-Purpose
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	Multi-Purpose
	Body Fitne ^{SSS}		5:00-6:00 pm	McKolosky	Multi-Purpose
	Karate		6:00-7:30 pm	Walk/Panebianco	Multi-Purpose
FRI	Pound ®		6:15-7:00 am	Norris	Multi-Purpose
	AQUACISE		8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness		9-10 am (8:30-9:30 May 20-Aug 31)	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
SAT	Zumba® Fitness: Toning & AB Mat Work		8-9 am (7:15-8 am June 1-Aug 31)	Wolf-Stom	Multi-Purpose
	Wake & Work Out		9:15-10:15 am	Duttry	Multi-Purpose
	CYCLING CLASSES 45 MIN		(days/times & instructor schedules	subject to change)	Cycle Room
MON				5:30 pm	
TUE		9:00 am		5:30 pm	
WED					
THU		9:00 am			
FRI					
SAT		9:00 am (8:00 am June 1-Aug 31)			

MEMBERS: EVEN THOUGH CLASSES ARE FREE, PLEASE REGISTER EACH 6 WEEK SESSION