

Bettendorf Family YMCA Group Fitness Schedule



Revised 11/20/18

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MORNING CLASSES

CYCLING 5:15-6AM	CYCLING 5:15-6AM	CYCLING 5:15-6AM	CYCLING 5:15-6AM	CYCLING 5:15-6AM	BRIC 6:30-8:00AM
BOOTCAMP 5:15-6:15AM S.GYM	BOOTCAMP 5:15-6:15AM STUDIO	BODYPUMP 5:15-6:15AM STUDIO	BOOTCAMP 5:15-6:00AM STUDIO	BOOTCAMP 5:15-6:15AM S.GYM	BODYPUMP 8:15-9:15AM STUDIO
BODYPUMP 6-7AM STUDIO	CYCLING 6:15-7AM		CYCLING 6:15-7AM	BODYPUMP 5:15-6:15AM STUDIO	YOGABASICS 9-9:50AM MPR
GENTLE YOGA 7-8AM MPR	CORE TRAINING 7:15-8AM STUDIO	GENTLE YOGA 7-8AM MPR	CORE TRAINING 7:15-8AM STUDIO	GENTLE YOGA 7-8AM MPR	BODYCOMBAT 9:25-10:30AM STUDIO
CARDIO/STRENGTH 9-10AM STUDIO	YOGA 8:30-9:30AM MPR	CARDIO/STRENGTH 9-10AM STUDIO	YOGA 8:30-9:30AM MPR		CYCLING 8:30-9:30AM
CYCLING 9-10AM	CYCLING 8:30-9:20AM	CYCLING 9-10AM	CYCLING 8:30-9:20AM	CYCLING 9-10AM	ZUMBA 10:00-11:00AM MPR
TOTAL BODY PILATES 9-10AM MPR	FIT FOR LIFE 9-10AM STUDIO	BODYCOMBAT 9-10AM MPR	FIT FOR LIFE 9-10AM STUDIO	BODYPUMP 9-10AM STUDIO	MASALA BHANGRA 11:00-12:00PM MPR
	BODYATTACK 9-9:55AM N/S GYM		BODYATTACK 9-9:55AM N/S GYM	BODYATTACK 9:00-10:00AM MPR	
BODYPUMP 10:05-11:05AM STUDIO		BODYPUMP 10:05-11:05AM STUDIO			Sunday
PILATES 10:15-11AM MPR	CXWORX 10:10-10:40AM STUDIO	PILATES 10:15-11AM MPR	CXWORX 10:10-10:40AM STUDIO	PILATES 10:15-11AM MPR	BODYCOMBAT EXPRESS 9-9:45AM MPR
SilverSneakers Circuit 11:10AM-12PM MPR	SilverSneakers Yoga 10:30-11:15AM MPR	SilverSneakers Classic 11:10-12PM MPR	CHAIR YOGA 10:30-11:15AM MPR	SilverSneakers Classic 11:10-12PM MPR	CYCLING 9-10AM
ZUMBA 11:15-12:15PM STUDIO	ZUMBA 11-12PM STUDIO	T'AI CHI 11:15-12:15PM STUDIO	ZUMBA 11-12PM STUDIO		BODYPUMP EXPRESS 10-11AM STUDIO

EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	
CYCLING BASICS 5-5:30PM	BODYATTACK EXPRESS 4:30-5:15PM MPR	CYCLING BASICS 5-5:30PM	CXWORX 5:30-6PM STUDIO	BODYPUMP 4:30-5:30PM STUDIO	
CYCLING 5:35-6:30PM	CXWORX 5:30-6PM STUDIO	CYCLING 5:35-6:30PM			
BODYPUMP 5:30-6:30PM STUDIO	CYCLING 5:30-6:30PM	BODYATTACK EXPRESS 5:30-6:15PM MPR	CYCLING 5:30-6:30		
YFIT KIDS 5:35-6:30PM S.GYM Free-Ages 7-13	BODYCOMBAT 6:10-7:10PM N/S GYM	YFIT KIDS 5:35-6:30PM S. GYM Free Ages 7-13	BODYCOMBAT 6:10-7:10PM N/S GYM		
YOGA 5:30-6:30PM MPR	BODYPUMP 7:10-8:10PM STUDIO	BODYPUMP 5:35-6:30PM STUDIO	BODYPUMP 7:10-8:10PM STUDIO	ChildWatch(Ages 6weeks-7years) M-F 8AM-12PM M-TH 4-8PM SAT 8AM-1PM SUN 8AM-12PM	
ZUMBA 6:45-7:45PM MPR		T'AI CHI 6:30-7:30PM MPR			