



Ottawa YMCA
April 30th - May 6th

201 East Jackson Street
OTTAWA, IL 61350
(815) 433-2395

	TUE 30	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6
5am	Tuesday Boot Camp Upper Deck Pat Instructor 5:45am - 6:30am		Thursday Boot Camp Upper Deck Pat Instructor 5:45am - 6:30am	Les Mills BodyPump Upper Deck Janee Instructor 5:45am - 6:45am			Les Mills BodyPump Upper Deck Karen Instructor 5:45am - 6:45am
6am		Stretch and Mobility Studio A Michele Instructor 6am - 6:45am					
7am					Saturday Boot Camp Upper Deck Rotating Instructor 7:30am - 8:15am		
8am	Tuesday SilverSneakers Small Gym Jerrine Instructor 8am - 8:45am	SilverStrong Big Gym Kay Instructor 8am - 8:45am	Thursday SilverSneakers Small Gym Jerrine Instructor 8am - 8:45am	Friday SilverSneakers Small Gym Amy Instructor 8am - 8:45am	Saturday Zumba Upper Deck Janee Instructor 8:30am - 9:15am		Monday SilverSneakers Big Gym Amy Instructor 8am - 8:45am
9am	Tuesday Zumba Studio A Kay Instructor 9:15am - 10am	Wednesday Cardio Max Big Gym Karen Instructor 9:15am - 10am	Thursday Chair Yoga Small Gym Rotating Instructor 9am - 9:45am	Friday Power Hour Small Gym Kay Instructor 9:15am - 10am	Saturday Yoga Upper Deck Rotating Instructor 9:30am - 10:15am		Monday Cardio Max Big Gym Karen Instructor 9:15am - 10am
10am	Water Exercise Pool Mark Instructor 10am - 10:45am	AquaZumba Pool Kay Instructor 10am - 10:45am	Water Exercise Pool Christy Instructor 10am - 10:45am	Water Exercise Pool Amy Instructor 10am - 10:45am	Les Mills BodyPump Upper Deck Ryan Instructor 10:30am - 11:30am		Water Exercise Pool Amy Instructor 10am - 10:45am
	Tuesday Yoga Upper Deck Kay Instructor 10:15am - 11:15am	Wednesday 10:15 EnhanceFitness Big Gym Amy/Helen Jo Instructor 10:15am - 11:15am	Thursday Zumba Upper Deck Jeanne Instructor 10:15am - 11am	Friday 10:15 EnhanceFitness Small Gym Mary/Felicia Instructor 10:15am - 11:15am			Monday 10:15 EnhanceFitness Big Gym Jeanne/Jerrine Instructor 10:15am - 11:15am
				Friday Yoga Upper Deck Kay Instructor 10:15am - 11:15am			Monday Yoga Upper Deck Amy Instructor 10:15am - 11am
11am		Wednesday 11:30 EnhanceFitness Small Gym Mary/Felicia Instructor 11:30am - 12:30pm		Friday 11:30 EnhanceFitness Small Gym Amy/John Instructor 11:30am - 12:30pm			Monday 11:30 EnhanceFitness Big Gym Jerrine/John Instructor 11:30am - 12:30pm
12pm	Express BodyPump Upper Deck Ryan Instructor 12pm - 12:30pm		Express BodyPump Small Gym Ryan Instructor 12pm - 12:30pm				Monday Chair Yoga Small Gym John Instructor 12:45pm - 1:30pm
1pm	Rock Steady Boxing Studio A Mary Instructor 1pm - 2:30pm		Rock Steady Boxing Small Gym Mary Instructor 1pm - 2:30pm				
4pm	Tuesday Yoga PM Upper Deck Katie T Instructor 4:30pm - 5:15pm	Wednesday Power Hour Studio A Ginny Instructor 4:30pm - 5:15pm	Core and More Upper Deck Ryan Instructor 4:30pm - 5:15pm	Les Mills BodyPump Upper Deck Jen Instructor 4:30pm - 5:15pm			Monday Power Hour Small Gym Kay Instructor 4:30pm - 5:15pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	TUE 30	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6
5pm	Tuesday STRONG Upper Deck Jen Instructor 5:30pm - 6:15pm	Strenghten Lengthen and Restore Upper Deck Jen Instructor 5:45pm - 6:30pm	Heart Rate Challenge Upper Deck Michele Instructor 5:30pm - 6:15pm	Friday Strong Upper Deck Katie M Instructor 5:30pm - 6:15pm			Monday Yoga Upper Deck Michele Instructor 5:45pm - 6:30pm
6pm	Family Yoga - 13 Years and Older Upper Deck Sarah Instructor 6:30pm - 7:15pm		Family Yoga - All Ages Upper Deck Sarah Instructor 6:30pm - 7:15pm				

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