



Ottawa YMCA
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Boot Camp Upper Deck Pat Instructor 5:45am - 6:30am	Core and More Upper Deck Katie D Instructor 5:45am - 6:30am	Boot Camp Upper Deck Pat Instructor 5:45am - 6:30am				
7am					Boot Camp Upper Deck Rotating Instructor 7:30am - 8:30am		
8am	Silver Sneaker Small Gym Amy Instructor 8:05am - 8:50am	Silver Sneaker Small Gym Mary Instructor 8:05am - 8:50am	Silver Sneaker Small Gym Rotating Instructor 8:05am - 8:50am	Silver Sneaker Small Gym Rotating Instructor 8:05am - 8:50am	Zumba Small Gym Rotating Instructor 8:30am - 9:30am		Silver Sneaker Small Gym Jerrine Instructor 8:05am - 8:50am
9am	Zumba Small Gym Karole Instructor 9am - 10am	Cardio Max Upper Deck Karen Instructor 9am - 10am	Chair Yoga Small Gym Rotating Instructor 9am - 9:45am	Zumba Small Gym Karole Instructor 9am - 10am	Yoga Upper Deck Rotating Instructor 9:30am - 10:30am		Chair Yoga Small Gym Rotating Instructor 9am - 9:45am
		Zumba Small Gym Janee Instructor 9am - 10am	Pound Upper Deck Karole Instructor 9am - 10am				Cardio Max Upper Deck Karen Instructor 9am - 10am
10am	Silver Sneaker Small Gym Rotating Instructor 10am - 10:45am	Core and More Upper Deck Emily Instructor 10am - 10:30am	Core and More Upper Deck Kay Instructor 10am - 10:30am	Power Hour Upper Deck Kay Instructor 10am - 11am			Zumba Small Gym Janee Instructor 10am - 11am
	Pound Upper Deck Karole Instructor 10am - 10:30am	Water Exercise Pool Amy Instructor 10am - 10:45am	Water Exercise Pool Karen Instructor 10am - 10:45am	Water Exercise Pool Amy Instructor 10am - 10:45am			AquaZumba Pool Kay Instructor 10am - 11am
	Water Exercise Pool Jerrine Instructor 10am - 10:45am		Silver Sneaker Small Gym Rotating Instructor 10am - 10:45am				
	Gentle Yoga Upper Deck Kay Instructor 10:30am - 11:30am		Gentle Yoga Upper Deck Kay Instructor 10:30am - 11:30am				
11am		Gentle Yoga Upper Deck Amy Instructor 11am - 11:45am					Gentle Yoga Upper Deck Jerrine Instructor 11am - 11:45am
4pm	Gentle Yoga Upper Deck Katie T Instructor 4:30pm - 5:15pm	Power Hour Upper Deck Ginny Instructor 4:30pm - 5:30pm					Power Hour Upper Deck John Instructor 4:30pm - 5:30pm
5pm	Power Hour Upper Deck Val Instructor 5:30pm - 6:30pm	Cardio Kick Small Gym Val Instructor 5:30pm - 6:25pm	Yoga with Weights Upper Deck Michele Instructor 5:30pm - 6:30pm	STRONG by Zumba Upper Deck Katie M Instructor 5pm - 6pm			Pound Small Gym Jeanne Instructor 5:30pm - 6:30pm
	Aqua BootCamp Pool Emily Instructor 5:45pm - 6:30pm	Zumba Upper Deck Jen Instructor 5:30pm - 6:25pm	AquaZumba Pool Jen Instructor 5:45pm - 6:30pm				Kettlebell 45 Upper Deck Michele Instructor 5:30pm - 6:15pm

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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6pm	STRONG by Zumba Upper Deck Jen Instructor 6:35pm - 7:35pm	Yoga Upper Deck Jen Instructor 6:30pm - 7:30pm	Intro to Kettlebell Upper Deck Michele Instructor 6:45pm - 7:30pm				Yoga Upper Deck Michele Instructor 6:30pm - 7:30pm

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