



Ottawa YMCA
September 22nd - September 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Boot Camp Small Gym Pat Instructor 5:45am - 6:30am		Boot Camp Small Gym Pat Instructor 5:45am - 6:30am				
8am	SilverSneakers Small Gym Amy Instructor 8am - 9am		SilverSneakers Small Gym Jerrine Instructor 8am - 8:45am		Boot Camp Small Gym Rotating Instructor 8am - 8:45am		SilverSneakers Small Gym Mary Instructor 8am - 8:45am
9am	Zumba Small Gym Janee Instructor 9:15am - 10am	Cardio Max Small Gym Karen Instructor 9:15am - 10am	Kick/Core Small Gym Karole Instructor 9:15am - 10am	Power Hour Small Gym Kay Instructor 9:15am - 10am			Cardio Max Small Gym Karen Instructor 9:15am - 10am
10am	Yoga Small Gym Kay Instructor 10:15am - 11am	Get Active Small Gym Amy/Mary Instructor 10:15am - 11am		Get Active Small Gym Amy/Mary Instructor 10:15am - 11am			Water Exercise Pool Amy Instructor 10am - 10:45am
11am		EnhanceFitness Small Gym Sean Instructor 11:30am - 12:30pm		EnhanceFitness Small Gym Rotating Instructor 11:30am - 12:30pm			EnhanceFitness Small Gym Jeanne Instructor 11:30am - 12:15pm
12pm		AquaZumba Pool Kay Instructor 12:15pm - 1pm		Water Exercise Pool Amy Instructor 12:15pm - 1pm			
4pm	Yoga Upper Deck Katie T Instructor 4:30pm - 5:15pm	Power Hour Small Gym Ginny Instructor 4:30pm - 5:15pm					Power Hour Small Gym Kay Instructor 4:30pm - 5:15pm
5pm	STRONG Nation Small Gym Jen Instructor 5:45pm - 6:15pm	Yoga Small Gym Jen Instructor 5:45pm - 6:30pm	Workout Of The Day - WOD Small Gym Michele Instructor 5:45pm - 6:30pm	STRONG Nation Small Gym Katie M Instructor 5pm - 5:45pm			Yoga Upper Deck Michele Instructor 5:45pm - 6:30pm
6pm	AquaZumba Pool Haleigh Instructor 6:20pm - 7:05pm		AquaZumba Pool Haleigh Instructor 6:20pm - 7:05pm				

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.