

Group Fitness Schedule

OCTOBER 2025

Revised 09.29.25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 6:00am-6:50am Sednima	Bootcamp 6:00am-6:50am Hallie		Bootcamp 6:00am-6:50am Hallie	HIIT 6:00am-6:50am Lily		
Ballet Barre 7:00am-7:50am Sednima	Yoga Flow 7:00am-7:50am Vanessa	Ballet Barre 7:00am-7:50am Tara	Yoga Flow 7:00am-7:50am Vanessa			
	Cycling 7:00am-7:50am Jensen		Cycling 7:00am-7:50am Jensen			
Tai Chi 8:00am-8:50am Ron	Yoga Gentle 8:00am-8:50am Vanessa	Tai Chi 8:00am-8:50am Ron	QiGong 8:00am-8:50am James	QiGong 8:00am-8:50am Tia	Cycling 8:00am-8:50am Rotating Staff	
Strength + Stability 9:00am-9:50am Rae	Head to Toe 9:00am-9:50am Rae	Stretching 9:00am-9:50am Lisa	Head to Toe 9:00am-9:50am Eliias	Stretching 9:00am-9:50am Lisa	Cycling 9:00am-9:50am Rotating Staff	
Pilates Mat Intermediate 9:00am-9:50am Tia	Zumba Gold 9:00am-9:50am Jennifer G	Yoga Flow 9:00am-9:50am Tara	Zumba Gold 9:00am-9:50am Jennifer G	Top to Bottom 9:00am-9:50am Eliias	Bootcamp 9:00am-9:50am Eliias	Cycling 9:15am-10:05am Holly
Dance Aerobics 10:00am-10:50am Sednima						Zumba 9:30am-10:20am Celeste
Core Express 10:00am-10:30am Tia		Yogalates 10:00am-10:50am Lisa	Stretch & Balance Falls Prevention 10:00am-10:50am Eliias	Zumba Gold 10:00am-10:50am Traci	Zumba 10:00am-10:50am Kang	Yoga Gentle Yin* 10:30am-11:20am 11:30am-12:20pm Antwonette
Stretch & Balance Falls Prevention 11:00am-11:50am Lisa		Stretch & Balance Falls Prevention 11:00am-11:50am Lisa		Stretch & Balance Falls Prevention 11:00am-11:50am Eliias	Body Sculpt 11:00am-11:50am Sednima	Yoga All Levels* 10:30am-11:20am 11:30am-12:20pm Shirley
		Top to Bottom 12:00pm-12:50pm Ryan E				
	Stretch & Balance Falls Prevention 2:00pm-2:50pm Lisa				*Yoga with Antwonette 1st and 3rd Sundays *Yoga with Shirley 2nd and 4th Sundays NO CLASS ON 5TH SUNDAYS MEMBERSHIP MEANS MORE All Group Exercise classes are included with Membership! <u>Drop in rates:</u> Adult: \$15 Youth & Senior: \$8 DOWNLOAD THE APP TODAY    Check YMCA360 for the most up to date schedules     STRENGTH CARDIO CORE RESTORE	
YMCA Strength 4:30pm-5:20pm Lily	HIIT Circuit 4:30pm-5:20pm Jen	YMCA Strength 4:30pm-5:20pm Lily				
YMCA Strength 5:30pm-6:20pm Lily	Yoga All Levels 5:30pm-6:20pm Lisa	YMCA Strength 5:30pm-6:20pm Lily	Zumba 5:30pm-6:20pm Molly	Zumba 5:30pm-6:20pm Corene		
Cycling 6:00pm-6:50pm Marissa		Cycling 6:00pm-6:50pm Jenna				
Zumba 6:30pm-7:20pm Taylor	BollyX 6:30pm-7:20pm Celeste		Yoga Gentle Yin 6:30pm-7:20pm Kimberly			
	Tai Chi 7:30pm-9:00pm Stan		Tai Chi 7:30pm-9:00pm Stan			

Location:	Studio A	Studio B	Gym
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Facility Hours:

Monday-Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm
Sunday: 9:00am - 6:00pm

Ballet Barre: A total body workout that utilizes movements and positions from Dance, Pilates, Yoga and Functional Strength Training. It focuses on optimal alignment and posture to improve balance, coordination, stability, strength and overall function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

Body Sculpt: Body sculpting is an impactful body-shaping class. We focus on improving core strength, enhancing flexibility, and increased blood flow, by guiding you through a range of traditional weight bearing and cardio exercises. Multiple exercise levels will be shown throughout each segment. Classes are fun and motivational for all.

Bootcamp: Combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, agility, as well as your cardio fitness will be challenged with traditional, non-traditional, and functional exercises. You will also be introduced to metabolic resistance training, which will have you still burning calories hours after the workout is completed.

Core Express: A quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

Cycling: Indoor Cycle helps you burn calories, improves your heart health, and boosts your muscle endurance. Your legs will get a serious workout. By the end of class, you'll have a steady stream of feel-good brain chemicals called endorphins. This class can cater to the beginner and advanced beginner.

Dance Aerobics: This class starts with a warm up, then some heart-pumping cardio sections with a cool down and a lot of fun!!

Head to Toe: From light to moderate cardio, strength training, balance, mobility, flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, mats.

HIIT: High Intensity Interval Training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

HIIT Circuit: Build strength, power and endurance in this exciting and dynamic workout. Explore a mixture of fun exercises in circuit fashion guaranteed to burn calories and build strength.

Pilates Mat: Beginner: Low-impact mat exercises designed to strengthen your core muscles, increase spinal mobility, boost balance, alleviate back pain and tightness, and improve mind-body awareness. A nice combination of strengthening, therapeutic stretching, flow, and a good dose of fun
Intermediate: Our Pilates Mat format with a little edge. Designed to build upon our beginning mat Pilates class, this format introduces slightly more advanced exercise variations guaranteed to improve your core strength and stabilizing muscles.

QiGong: Combines exercises that integrates postures, movements and breathing techniques to improve physical and mental health, and bring positive healing energy to your life. Most movements can be done in a sitting position.

Strength & Stability: Low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.

Stretch & Balance for Falls Prevention: Using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls.

Stretching: A restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.

STRONG Nation: STRONG Nation® is a high-intensity workout that combines bodyweight, cardio, muscle conditioning, and plyometric moves, perfectly synced to original music. Every squat, lunge, and burpee is driven by the beat, helping you push through and go further. This total-body workout tones arms, legs, glutes, and core with a mix of explosive plyometrics and isometric strength moves like kickboxing, squats, and lunges. Designed to challenge all fitness levels and help you crush your goals.

Tai Chi: The ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body, control of movements and breathing, generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

Top to Bottom Intervals: Join this interactive interval class that targets each muscle from top to bottom in a circuit style method. Items used vary from body weight, dumbbells, and bands.

YMCA Strength: This full-body strength class aims to target every muscle group. A combination of dumbbells, barbells, and bodyweight will be used to build stronger muscles! Modifications can be given to make this class achievable for people of all fitness levels.

Yoga: All Levels: This format centers both breath and body – aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Flow:** Intertwines posture with breath in a series of movements that flow seamlessly together within your exercise regime, you bring balanced health and harmony to your body and mind. **Gentle:** Focuses on posture and consists of hip opener poses that will help keep the spine straight and aligned. It may help those with tense upper, lower back, and tight hip problems. All levels welcome! **Vinyasa:** Perfect for building strength and flexibility. We will focus on alignment through breathing. **Yin:** A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body.

Zumba: We take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Zumba Gold: perfect for those who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba®

Zumba Gold: Perfect for those who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!