



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Group Fitness Schedule

Winter Fitness Classes January 5- March 8, 2026

Classes are free for Facility Members age 16. Teens between 13-15 who are Teen Certified can participate in classes with no weights*. Space is limited. To reserve a space in class, please use the YMCA On The Go App (Water Fitness included). For the safety of all members, **please do not enter classes already in progress. Members who are not in class by the start will forfeit their reservation.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Master Swim 5:00-6:00am Marcy - Lap Pool		Master Swim 5:00-6:00am Marcy- Lap Pool		
Boot Camp 5:15-6:15am George- Gym	Group Cycle 5:15-6:00am Yonika- CR	Boot Camp 5:15-6:15am Julie- Gym		Boot Camp 5:15-6:15am Julie/George- Gym	
	Master Swim 6:00-7:00am Marcy- Lap Pool	Cycle/Sculpt 5:30-6:20am Jen B- CR	Group Cycle 5:30-6:15am Courtney- CR		Group Active® 7:00- 8:00am Greta- FS 1
Low Impact Cardio/Strength 7:00-8:00am Yesenia- FS 1	Gentle Yoga 7:00-8:00am Kim G- FS 2	Low Impact Cardio/Strength 7:00-7:50am Yesenia- FS 1	Master Swim 6:00-7:00am Marcy - Lap Pool	Low Impact Cardio/Strength 7:00-8:00am Yesenia- FS 1	Group Cycle 7:30-8:15am Melissa- CR
	Y Walkers 8:15-9:00am Erica- OS	Pumped Up 8:00-8:45am Melissa- FS 1	Water Fitness 8:00-8:45am Minerva- Lap Pool	Barre Above 8:15-9:00am Vicky- FS 1	Pilates 8:30-9:15am Cyndi- FS 1
Pilates 8:30-9:15am Cyndi- FS 2	Water Fitness 9:00-9:45am Melissa- Pool	Vinyasa Yoga 9:15-10:15am Kim G- FS 2	Pilates Fusion 8:30-9:15am Cyndi- FS 1	Water Fitness 8:30-9:15am Rhonda- Lap Pool	Functionally Fit 9:15-10:15am Andrea- WC (turf)
Water Fitness 8:30-9:15am Minerva- Lap Pool	Cycle/ Sculpt 9:15-10:10am Vicky- CR	Step/Sculpt 9:15-10:10am Kristen- FS 1	Y Walkers 8:15-9:00am Erica- OS	Step/Sculpt 9:15-10:05am Alyson- FS 1	Group Cycle 9:30-10:15am Esmeralda- CR
Pumped Up 9:15-10:00am Kristen- FS 1	Cardio Interval 9:15-10:00am Tanya- FS 1	Water Fitness 9:30-10:15am Rhonda- Family Pool	Zumba® 9:00-9:45am Minerva - FS 2	Chair Yoga 10:15-11:00am Alyson- FS2	Zumba Toning®* 9:30-10:15am Greta- FS 1
Barre Above 10:15-11:00am Vicky- FS 1	Breathing and Meditation 10:30-11:30am Shila- FS 1	Butts and Guts 10:30-11:00am Suzanne- FS 1	Cycle/Sculpt 9:15-10:10am Tanya- CR	Cardio Interval 10:15-11:00am Suzanne- FS 1	Pumped Up 10:30-11:15am Erin FS-1
			Meditation 10:30-11:30am Ritu- FS 2		
STRONG® 5:30-6:15pm Kristen -FS 1			Zumba® 5:30-6:15pm Greta- FS 1		SUNDAY
Group Cycle 6:30-7:15pm Erin- CR	Cardio Interval 5:00- 5:45pm Suzanne - FS 1	Group Power® 5:45pm-6:45pm Minerva- FS 1	Group Cycle 6:15-7:00pm Yonika- CR		Masters Swim 7:00-8:00am Marcy - Lap Pool
Group Power® 6:30-7:30pm Minerva - FS 1	Cird Mobility® 6:00-6:45pm JoJo- FS 1	Cycle/Sculpt 5:45-6:40pm Yonika- CR	Hatha Yoga 6:15-7:20pm Neeta- FS2	Adult Belly Dance 6:00-7:00 PM Cassandra- FS 2	Cardio Mix * 8:30-9:15am Julie W - FS 1
OverLoad Evolution 6:30-7:30pm Suzanne (PT Area)	Functionally Fit 6:15-7:15PM Andrea- WC (turf)	TRX 7:00-7:45pm Amy M- CR	OverLoad Evolution 6:30-7:30pm Tanya (PT Area)		Group Cycle 9:00-10:00am Andrea- CR
Hatha Yoga 7:10-8:20pm Neeta - FS2	WERQ® 7:00-7:45pm JoJo- FS 1	WERQ® 7:00- 7:45pm Kristen - FS 1	Group Active® 6:30-7:30pm JoJo- FS 1		Group Power® 9:30-10:30am Greta - FS 1

***Cardio Mix Rotations:
Core and Cardio
Step (Multiple Benches)
Cardio Kickbox**

Kids Corner Hours: Monday-Friday: 8:45am-12:00pm Monday-Friday: 4:30-8pm
Saturday-Sunday: 8:30-12pm **Activity Center Hours:** Monday-Friday 4:30-8pm





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Class Descriptions List

Classes with (*) use weights.

CARDIO/STRENGTH ATHLETIC CLASSES: Limited choreography, easy to follow classes that range from int. to adv.

***Barre Above®:** Barre Above blends the timeless techniques of ballet, Pilates, yoga, and strength training into a barre format designed for functional movement and powerful results.

***Boot Camp:** A challenging, high-energy workout that may include activities such as running, plyometrics, cardio and strength drills, or even obstacle-style exercises. Every session is adaptable, with modifications offered for all movements, making this class suitable for all fitness levels.

Core & Cardio: This class builds cardiovascular endurance while strengthening the core muscles, including the abs, obliques, and back. Expect a mix of strength-training exercises using weights, resistance bands, or bodyweight to effectively target the entire core.

***Cardio Interval:** You'll alternate between cardio intervals and strength moves to maximize results, increase cardiovascular fitness, and boost calorie burning.

Cardio Kickboxing: A high-energy, total-body workout that blends cardio, boxing, and martial arts techniques. Using punches, jabs, and kicks, this class boosts strength, aerobic fitness, speed, coordination, and balance while keeping your heart rate up and calories burning. Suitable for most fitness levels, with modifications available.

Cardio Mix: A dynamic class that blends HIIT, kickboxing, step, strength training, and more for a full-body, high-energy workout.

***Cycle & Sculpt:** A hybrid workout that combines cycling with intervals of targeted strength training for a balanced, full-body session.

Group Cycling: Our Group Cycling classes combine hills, climbs, speed-play, and jumps, all set to motivating music to maximize your cardio output. Perfect for all fitness levels, these classes challenge your endurance, strength, and speed while keeping every ride fun and energizing.

***STRENGTH TRAINING CLASSES:** Easy to follow classes that follow traditional strength training principles for all fitness

***Butts & Guts:** A focused core workout that strengthens the abs, obliques, back, hips, and glutes to improve stability, posture, and balance. Using weights, resistance bands, or bodyweight, you'll perform a mix of classic and new movements for a well-rounded core challenge.

***Group Power®:** Formerly known as Strength Train Together, this high energy, strength training workout helps you build lean muscle, improve mobility and boost confidence. Designed for all fitness levels, it combines traditional lifting with functional movement so you get stronger and feel better with every session.

***Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

CHOREOGRAPHED CARDIO CLASSES:

***Group Active®:** This is a total-body fitness experience that combines cardio, strength, mobility and balance training in one effective session. Whether you're just getting started or restarting your routine, this workout helps you move better, feel stronger and live healthier.

***Low Impact Cardio & Strength:** A full-body workout combining cardio, strength, balance, and stretching. Designed to be safe and adaptable, it's perfect for individuals with limitations as well as active adults providing a challenging, effective, and fun workout for everyone!

***Step & Sculpt:** A fun, full-body workout that combines choreographed step aerobics, core exercises, strength training, and stretching. Suitable for all fitness levels.

Step Aerobics: Designed for anyone ready to move, sweat and have fun, this step aerobics class will challenge you and get you feeling better than ever. All fitness levels welcome!

WERQ®: WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music.

Zumba®: Zumba® takes the work out of workout by mixing low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party. *** Zumba® Toning:** A high-energy dance fitness class that combines Zumba's fun, rhythmic moves with light toning sticks or hand weights to sculpt and define muscles.

MIND BODY FITNESS CLASSES:

Breathing and Meditation: A guided practice that uses focused breathing, mindfulness, and concentration techniques to cultivate internal balance and enhance overall self-awareness.

Chair Yoga: This is a gentle form of yoga practiced while seated or using a chair for support. It improves flexibility, strength, balance, and relaxation, making it accessible for all ages and abilities, including beginners and those with limited mobility.

CIRCL Mobility™: Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises.

Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced yogis who enjoy a gentler class.

Hatha Yoga: Build strength, flexibility, and mental clarity through mindful breathwork, sustained postures, and meditation. This class promotes relaxation, proper alignment, and overall wellbeing.

Pilates: A multi-level fitness class that strengthens and stretches the entire body, promoting balance, flexibility, and core strength. Expect improved posture, coordination, and stress relief, along with longer, leaner muscles. Not recommended for those with osteoporosis.

Pilates Fusion: A dynamic blend of Pilates, Barre, and flowing functional movements designed to build strength, flexibility, and balance while enhancing overall body awareness.

Vinyasa Yoga: Vinyasa Yoga links postures together through mindful breath, creating a flowing sequence that strengthens the body, increases flexibility, and promotes circulation. Challenging enough for advanced students, with modifications offered to welcome beginners and those seeking a rewarding workout.

AQUATIC FITNESS CLASSES:

Masters Swim Club: A non-competitive swim club that meets weekly for workouts. Participants looking to compete can register as a USMS Swimmer and attend area meets with our certified coach, Marcie Curran and Jenny Hazard.

Water Fitness: An invigorating water workout that is a mid-intensity level class for all skill and fitness levels.

Last Updated 12/16/25