FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule

Fall Fitness Classes
November 1- December 20, 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
	Masters Swim 5:00-6:00am Marcy- Lap Pool		Masters 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	Group Cycle 5:30-6:15am Courtney- CR	Boot Camp 5:15-6:15am Julie/George- Gym	
	Masters Swim 6:00-7:00am Marcy- Lap Pool	Cycle/Sculpt 5:30-6:20am Jen B- CR	Masters Swim 6:00-7:00am Marcy- Lap Pool		Group Active® 7:00-8:00am Greta- FS 1
Low Impact Cardio/Strength 7:00-8:00am Melissa- FS 1	Y Walkers 8:15-9:00am Erica- OS	Low Impact Cardio/Strength 7:00-7:50am Yesenia- FS 1	Y Walkers 8:15-9:00am Erica- OS	Low Impact Cardio/Strength 7:00-8:00am Yesenia- FS 1	Group Cycle 7:30-8:15am Melissa- CR
	Pilates 8:30-9:15am Cyndi- FS 2	Pumped Up 8:05-8:55am Melissa-FS 1	Pilates Fusion 8:30-9:15am Cyndi- FS 1	Barre Above 8:15-9:00am Vicky- FS 1	Pilates 8:30-9:15am Cyndi- FS 1
	Water Fitness 9:00-9:45am Janet- Lap Pool	Chair Yoga 8:15-9:15am Alyson- FS 2	Cycle/Sculpt 9:15-10:10am Tanya- CR	Water Fitness 8:30-9:15am Rhonda- Lap Pool	**Functionally Fit** **9:15-10:15am** **Andrea- Turf**
Pumped Up 9:15-10:15am Kristen- FS 1	Cardio Interval 9:15-10:00am Tanya- FS 1	Advanced Step/Sculpt 9:15-10:05am Kristen- FS 1	Zumba ® 9:30-10:15am Minerva – FS 2	Step/Sculpt 9:15-10:05am Alyson- FS 1	Group Cycle 9:30-10:15am Esmeralda- CR
Water Fitness 9:45-10:30am Cheryl- Lap Pool	Yoga 9:20-10:10am Cyndi- FS 2	Water Fitness 9:30-10:15am Rhonda- Family Pool	Beginning Step 9:30-10:15am Cheryl- FS 1	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/Meditation Yoga 10:15-11:15am Shila- FS 2	Butts and Guts 10:30-11:00am Suzanne- FS 1	Breathing/Meditation Yoga 10:30-11:30am Ritu- FS 2	Cardio Interval 10:15-11:00am Suzanne- FS 1	Pumped Up 10:30-11:15am Erin- FS 1
	Cardio Interval 5:00- 5:45pm Suzanne – FS 1		Group Cycle 5:30-6:15pm Esmeralda- FS 2		**SUNDAY**
	Group Power® 6:00-6:45pm JoJo- FS 1		Zumba ® 5:30-6:15pm Greta- FS 1		Masters Swim 7:00-8:15am Marcy
STRONG® 5:30-6:15pm Kristen -FS 1	**Functionally Fit** **6:15-7:15pm** **Andrea- Turf**	Group Power® 5:45-6:45pm Minerva- FS 1	Hatha Yoga 6:15-7:20pm Neeta- FS2		Cardio Mixx 8:30-9:15am Julie- FS 1
Group Power® 6:30-7:30pm Minerva- FS 1	**TRX** **7:00-7:45pm** **Amy - CR**	Cycle/Sculpt 5:45-6:40pm Yonika - CR	Group Active ® 6:30-7:30pm JoJo- FS 1		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 Power® 9:30-10:30am Greta- FS 1

***Cardio Mix Rotations: Step, Kickboxing, Intervals.**

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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

***Classes that use weights.**

CARDIO/STRENGTH ATHLETIC CLASSES: Limited choreography, easy to follow classes that range from int. to adv. intensity.
***Boot Camp**: For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.
Group Cycling: A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.
***Cycle/Sculpt:** A mixed format that includes cycle elements along with intervals of strength training.
***Barre Above:** A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.
***HIIT:** This class is a mixed format. High Intensity Interval training with bursts of cardio and a recovery period.

***STRENGTH TRAINING CLASSES**: Easy to follow classes that follow traditional strength training principles for all fitness levels.
Group Power (STT)™: This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.
Low Impact Cardio/Strength: A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!
Pumped Up: This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.
Butts and Guts: Focused on movements for the core and glutes. Learn new moves and do some of the old favorites!

CHOREOGRAPHED CARDIO CLASSES:
***Advanced Step:** More intricate choreography that blends high intensity moves with quick transitions, turns, and dance style moves
***Beginner Step:** A great introduction to learning the basic movements and terminology while still getting a workout.
***Step & Sculpt**: This is a step aerobics class with some choreography that also includes core work, strength training and stretching.
***Regular Step class does not include weights**
Zumba: This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. ***Zumba Toning-** incorporates your favorite moves and adds light weights.
WERQ: This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level.
STRONG Nation : Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level. Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.
***Group Active:** An interval style class that uses elements of step aerobics and functional strength in a full body workout.

MIND BODY FITNESS CLASSES:
Hatha Yoga: Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.
Pilates: A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.
Pilates Fusion: A blend of Pilates, Barre, and Flowing Functional movements
Gentle Vinyasa Yoga: Keeping the principles of a Vinyasa, the gentle flow of the movements will give the same benefits without the continuous movement.
Yoga: A flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.
Breathing and Meditation: A style of meditation that taps into the mind to focus on internal balance, mindfulness, concentration, and breathing patterns to improve your overall self-awareness.

Last Updated- 10/27/2026