




GROUP EXERCISE CLASS SCHEDULE

January 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-MPR	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-MPR	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Ping-G3	
	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	9-10 AM Power Pump Kelli-G3		9-10 AM Power Pump Kelli-G3	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Jesselyn-G3
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-9:45 AM TRX Justin-G2	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-9:45 AM TRX Justin-G2	8:30-9:30 AM Inside Flow Ω Δ Carissa-MPR	ONLINE SCHEDULE with up-to-date cancellations and more!  Scan to stay informed!
	9-10 AM Heavy HIIT Δ Hillary-G3	9-10 AM Pedaling for Parkinson's Ω Ping-Cycle Rm	9-10 AM Heavy HIIT Δ Hillary-G3	9-10 AM Pedaling for Parkinson's Ω Ping-Cycle Rm		
	9-9:45 AM Zumba@ Dale-G2	10-10:40 AM Yoga Lori-MPR	9-9:45 AM Zumba@ Dale-G2	10-10:40 AM Yoga Lori-MPR	9-9:45 AM Zumba@ Dale-G2	
9-9:45 AM Cycle Kirsten-Cycle Rm	10-10:45 AM Tai Chi • Lynn-G2	9-10 AM Cycle Bob-Cycle Rm	10-10:45 AM Tai Chi • Lynn-G2	9-10 AM Cycle Bob-Cycle Rm		
LATE MORNING	10-10:45 AM TRX Justin-G2	10:15-11 AM Balance and Strength Justin-G3	10-10:45 AM TRX Justin-G2	10:15-11 AM Balance and Strength Justin-G3	10-10:45 AM TRX Justin-G2	10 AM-12 PM SPECIALTY MELT • Kristi-MPR Held on the last Saturday of each month.
	10:15-11:10 AM Yoga Allie-G3	11:15-12 PM Chair Fit • Ping-Gym 3	10:15-11:10 AM Yoga Allie-G3	11:15-12 PM Chair Fit • Ping-Gym 3	10:15-11:10 AM Yoga Allie-G3	
	11-12 PM MELT • Kristi-MPR	11-11:45 AM Family Fit • Ω Christian-Gym 2	11-12 PM MELT • Kristi-MPR	11-11:45 AM Family Fit • Ω Christian-Gym 2	11-12 PM MELT • Kristi-MPR	
	11:20-12 PM Chair Yoga • Allie-G3	12-12:45 PM TRX Ω Justin-G2	11:20-12 PM Chair Yoga • Allie-G3	12-12:45 PM TRX Ω Justin-G2	11:20-12 PM Chair Yoga • Allie-G3	
AFTERNOON	12:10-12:55 PM Gentle Yoga • Allie-G3	1-1:45 PM Ω Balance and Strength Justin-G3	12:10-12:55 PM Gentle Yoga • Allie-G3	1-1:45 PM Ω Balance and Strength Justin-G3	12:10-12:55 PM Gentle Yoga • Allie-G3	Classes are subject to change without notice. Please check YMCA website often for updates.
	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga Sara-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga Sara-G3		
	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Cycle Pat-Cycle Rm (Gym 3)	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Cycle Pat-Cycle Rm (Gym 3)		
	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Step Laura-G3		
EVENING	5:30-6:15 PM Yoga Lori-MPR		5:30-6:15 PM Yoga Lori-MPR			

SCHEDULE KEY

- Location:**
 G3 - Gym 3
 G2 - Gym 2
 MPR - Multi-purpose room
- Class Key:**
 • gentle
 Δ Advanced
 Ω New Class