



GROUP EXERCISE CLASS SCHEDULE

March 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-WC	9-10 AM Heavy HIIT Δ Hillary-G3	9-10 AM Pedaling for Parkinson's Ω Ping-WC			
	9-9:45 AM Zumba® Dale-G2	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Zumba® Dale-G2	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Zumba® Dale-G2		
9-9:45 AM Cycle Kirsten-Cycle Rm	10-10:40 AM Yoga Lori-MPR	9-10 AM Cycle Bob-Cycle Rm	10-10:40 AM Yoga Lori-MPR	9-10 AM Cycle Bob-Cycle Rm			
LATE MORNING	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Lynn-G2	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Lynn-G2	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		11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		
AFTERNOON	12:10-12:55 PM Gentle Yoga • Allie -G3	12-12:45 PM TRX Ω Justin-G2	12:10-12:55 PM Gentle Yoga • Allie -G3	12-12:45 PM TRX Ω Justin-G2	12:10-12:55 PM Gentle Yoga • Allie -G3	Classes are subject to change without notice. Please check YMCA website often for updates.	
		1-1:45 PM Ω Balance and Strength Justin-G3		1-1:45 PM Ω Balance and Strength Justin-G3			
	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	SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose room WC - Wellness Center Class Key: • gentle Δ Advanced Ω New Class		
	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)			
EVENING	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			
	5:30-6:15 PM Yoga Lori-MPR		5:30-6:15 PM Yoga Lori-MPR				