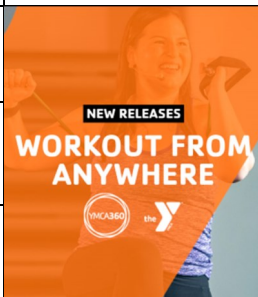




GROUP EXERCISE CLASS SCHEDULE

July 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-G2	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-G2	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 Summer Break Begins again on Sept 2	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-MPR Summer Break Begins again on Sept 2	8-8:45 AM TRX Justin-G2		
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-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-MG		8:30-9:30 AM PiYo® LIVE Δ Carissa-MG		8:30-9:30 AM Inside Flow Ω Δ Carissa-MG	ONLINE SCHEDULE with up-to-date cancellations and more!  Scan to stay informed!	
	9-10 AM Heavy HIIT Δ Hillary-G3	9-10 AM Power Pump Kelli-G3	9-10 AM Heavy HIIT Δ Hillary-G3	9-10 AM Power Pump Kelli-G3	9-10 AM Heavy HIIT Δ Christian-G3		
	9-9:45 AM Zumba® Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba® Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba® Dale-G2		
LATE MORNING	9-9:45 AM Cycle Kirsten-Cycle Rm		9-10 AM Cycle Bob-Cycle Rm		9-10 AM Cycle Bob-Cycle Rm	10 AM-12 PM SPECIALTY MELT • Kristi- G2 Held on the last Saturday of each month.	
	10 -10:45 AM TRX Justin-G2	10-10:40 AM Yoga Lori-MG	10 -10:45 AM TRX Justin-G2	10-10:40 AM Yoga Lori-MG	10 -10:45 AM TRX Justin-G2		
	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Lynn-G2	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Lynn-G2	10:15-11:10 AM Yoga Allie-G3	Classes are subject to change without notice. Please check YMCA website often for updates.	
	11-12 PM MELT • Kristi-G2	10:15-11 AM Balance and Strength Justin-G3	11-12 PM MELT • Kristi-G2	10:15-11 AM Balance and Strength Justin-G3	11-12 PM MELT • Kristi-G2		
	11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3	11-11:45 AM Family Fit • Ω Christian-G2	11:20-12 PM Chair Yoga • Allie -G3		
	12:10-12:55 PM Gentle Yoga • Allie -G3	11:15-12 PM Chair Fit • Ping-Gym 3	12:10-12:55 PM Gentle Yoga • Allie -G3	11:15-12 PM Chair Fit • Ping-Gym 3	12:10-12:55 PM Gentle Yoga • Allie -G3		
AFTERNOON	4:30-5:30 PM Power Pump Rebekah-G3	 NEW RELEASES WORKOUT FROM ANYWHERE  	4:30-5:30 PM Power Pump Rebekah-G3	YMCA360.ORG Ask Membership Services how you can access your YMCA360 health content from home or on the road.	SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose room MG - Main Gym BYOM - Bring Your Own Mat Class Key: • gentle Δ Advanced Ω New Class		
	5:30-6:15 PM Zumba® Elena-G3		5:30-6:15 PM Zumba® Elena-G3				
	5:30-6:15 PM Full Body HIIT Δ Josh-G2		5:30-6:15 PM Full Body HIIT Δ Josh-G2				
EVENING	5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn BYOM	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn BYOM	5:30-6:15 PM Step Laura-G3			
	Evening cycle will return in the Fall! Enjoy the outdoors!						