



GROUP EXERCISE CLASS SCHEDULE

September 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	7:30-8:30 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	7:30-8:30 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3				8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Tayia-G3
	8:30-9:30 AM PiYo® LIVE Δ Carissa-MPR	9-9:45 AM Chair MELT Ω • Kristi-MPR	8:30-9:30 AM PiYo® LIVE Δ Carissa-MPR	9-9:45 AM Chair MELT Ω • Kristi-MPR	8:30-9:30 AM Inside Flow 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 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	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	10 AM-12 PM SPECIALTY MELT • Kristi- G2 Held on the last Saturday of each month.
	10 -10:45 AM TRX Justin-G2	10-10:45 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	
	10:15-11:10 AM Yoga Allie-G3	10:15-11 AM Balance and Strength Justin-G3	10:15-11:10 AM Yoga Allie-G3	10:15-11 AM Balance and Strength Justin-G3	10:15-11:10 AM Yoga Allie-G3	<i>Classes are subject to change without notice. Please check YMCA website often for updates.</i>
	11-12 PM MELT • Kristi-MPR		11-12 PM MELT • Kristi-MPR	11-11:45 AM Family Fit Christian-G2	11-12 PM MELT • Kristi-MPR	
	11:20-12 PM Chair Yoga • Allie -G3	11:15-12 PM Chair Fit • Ping-G3	11:20-12 PM Chair Yoga • Allie -G3	11:15-12 PM Chair Fit • Ping-G3	11:20-12 PM Chair Yoga • Allie -G3	
	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3	
AFTERNOON	4:30-5:30 PM Power Pump Rebekah-G3		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 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			
EVENING	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Cycle Bob-Cycle Rm Begins in October	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Cycle Kirsten-Cycle Rm Begins in October		
	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		