
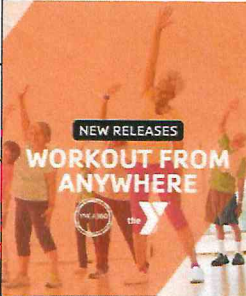




# GROUP EXERCISE CLASS SCHEDULE

June & July 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>MORNING</b>	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-Field	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-Field	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3			
	8-8:45 AM TRX Jen-G2	7:30-8:30 AM MELT • <i>Will resume in the fall</i>	8-8:45 AM TRX Jen-G2	7:30-8:30 AM MELT • <i>Will resume in the fall</i>	8-8:45 AM TRX Jen-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		
		9-9:45 AM Chair MELT • <i>Will resume in the fall</i>	8:30-9:30 AM PiYo@ Live Carissa-SC4	9-9:45 AM Chair MELT • <i>Will resume in the fall</i>	8:30-9:30 AM Inside Flow Δ Carissa-SC4	<b>ONLINE SCHEDULE</b> 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			
<b>LATE MORNING</b>	9-9:45 AM Cycle Bob-Cycle Rm	10-10:45 AM Yoga Lori-SC4	9-10 AM Cycle Bob-Cycle Rm	10-10:45 AM Yoga Lori-SC4	9-10 AM Cycle Tayia-Cycle Rm	<b>10 AM-12 PM SPECIALTY MELT •</b> <i>Will resume in the fall</i>		
	10 -10:45 AM TRX Tayia-G2	10-10:45 AM Tai Chi Chuan• Lynn-G2	10 -10:45 AM TRX Tayia-G2	10-10:45 AM Tai Chi Chuan• Lynn-G2	10 -10:45 AM TRX Tayia-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	<b>Classes are subject to change without notice. Please check YMCA website often for updates.</b>		
	11-12 PM MELT • Kristi-Gym 2		11-12 PM MELT • Kristi-Gym 2		11-12 PM MELT • Kristi-Gym 2			
	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			
<b>AFTERNOON</b>	4:30-5:30 PM Power Pump Rebekah-G3		4:30-5:30 PM Power Pump Rebekah-G3	<b>YMCA360.ORG</b>  Ask Membership Services how you can access your YMCA360 health content from home or on the road	<b>SCHEDULE KEY</b>  <b>Location:</b> G3 - Gym 3 G2 - Gym 2 SC4 - Sport Ct. 4  <b>Class Key:</b> • 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 Cycle <i>Will resume in the fall</i>				5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Cycle <i>Will resume in the fall</i>
	5:30-6:15 PM Mindful Yoga Court-Field		5:30-6:15 PM Step Laura-G3				5:30-6:15 PM Mindful Yoga Court-Field	5:30-6:15 PM Step Laura-G3