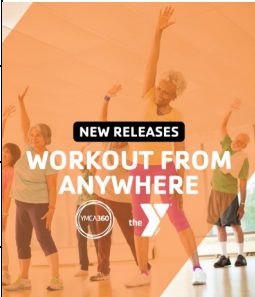




GROUP EXERCISE CLASS SCHEDULE

August 2026

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- Fenced Lawn BYOM	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-Fenced Lawn BYOM	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	ONLINE SCHEDULE with up-to-date cancellations and more!  Scan to stay informed!	
	8-8:45 AM TRX Jen-G2	7:30-8:30 AM MELT • Will resume in the fall	8-8:45 AM TRX Jen-G2	7:30-8:30 AM MELT • Will resume in the fall	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 • Will resume in the fall	8:30-9:30 AM PiYo® Live Carissa-SC4	9-9:45 AM Chair MELT • Will resume in the fall	8:30-9:30 AM Inside Flow Δ Carissa-SC4		
	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 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	10 AM-12 PM SPECIALTY MELT • Will resume in the fall	
	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	Classes are subject to change without notice. Please check YMCA website often for updates.	
	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		
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 SC4 - Sport Ct. 4 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 Will resume in the fall	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Cycle Will resume in the fall	 RED CROSS BLOOD DRIVE MONDAY, AUGUST 31 11:00AM - 4:00PM Visit redcrossblood.org/give		
	5:30-6:15 PM Mindful Yoga Court-Fenced Lawn BYOM	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Mindful Yoga Court-Fenced Lawn BYOM	5:30-6:15 PM Step Laura-G3			

8/1/26