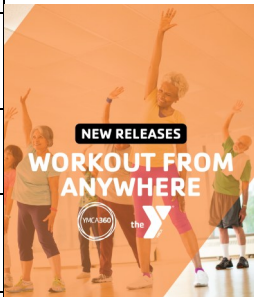




GROUP EXERCISE CLASS SCHEDULE

September 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-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 • Christian-G3	ONLINE SCHEDULE with up-to-date cancellations and more!  Scan to stay informed!		
	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 Carissa-MPR		8:30-9:30 AM Inside Flow Δ Carissa-MPR			
	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 (upstairs)	10-10:45 AM Yoga Lori-MPR	9-10 AM Cycle Bob-Cycle Rm (upstairs)	10-10:45 AM Yoga Lori-MPR	9-9:30 AM Cycle30 Nadia-Cycle Rm (upstairs)	10 AM-11 AM MELT • Kristi - MPR		
	10 -10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi Chuan• Lynn-G2	10 -10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi Chuan• 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	Classes are subject to change without notice. Please check YMCA website often for updates.		
	11-12 PM MELT • Kristi-MPR		11-12 PM MELT • Kristi-MPR		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	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 - Multipur- pose room Cycle Rm - Located upstairs above racquet- ball courts 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 Full Body HIIT Δ Josh-G2				RED CROSS BLOOD DRIVE MONDAY, SEPTEMBER 28 11:00AM - 4:00PM IN THE MPR Visit redcrossblood.org/give	
		5:30-6:20 PM Mindful Yoga Court-MPR	5:30-6:15 PM Step Laura-G3	5:30-6:20 PM Mindful Yoga Court-MPR				5:30-6:15 PM Step Laura-G3

9/1/26