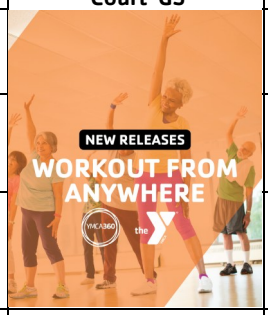
GROUP EXERCISE CLASS SCHEDULE

November 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	
	8-8:45 AM TRX **Kelli-G2**	7:30-8:30 AM MELT • Kristi - MPR	8-8:45 AM TRX **Kelli-G2**	7:30-8:30 AM MELT • Kristi - MPR	8-8:45 AM TRX **Kelli-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	**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 **Tayia-G2**	9-9:45 AM Zumba® Dale-G2	9-9:45 AM TRX **Tayia-G2**	9-9:45 AM Zumba® Dale-G2	
LATE MORNING	9-9:45 AM Cycle **Bob-Cycle Rm***	10-10:45 AM Yoga Lori-MPR	9-10 AM Cycle **Bob-Cycle Rm***	10-10:45 AM Yoga Lori-MPR	9-9:30 AM Cycle30 **Nadia-Cycle Rm***	10 AM-11 AM MELT • Kristi - MPR
	10 -10:45 AM TRX **Christian-G2**	10-10:45 AM Tai Chi Chuan• Lynn-G2	10 -10:45 AM TRX **Christian-G2**	10-10:45 AM Tai Chi Chuan• Lynn-G2	10 -10:45 AM **TRX** **Josh-G2**	
	10:15-11:10 AM Yoga Allie-G3	10:15-11 AM Balance and Strength **Ping-G3**	10:15-11:10 AM Yoga Allie-G3	10:15-11 AM Balance and Strength **Ping-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	
AFTERNOON	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	**NEW!** **4:30-5:20 PM** **Deep Flow Yoga** **Court-G3**	4:30-5:30 PM Power Pump Rebekah-G3	**NEW!** **4:30-5:20 PM** **Deep Flow Yoga** **Court-G3**		
						
EVENING	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			
	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		

SCHEDULE KEY

Location:

G3 - Gym 3

G2 - Gym 2

MPR - Multipurpose room

Class Key:

• gentle

Δ Advanced

Ω New Class

***Cycle Rm - Back Next to Gym 3 ; after Nov 6**

RED CROSS BLOOD DRIVE

FRIDAY, NOVEMBER 27

11:00AM - 4:00PM IN THE MPR

Visit redcrossblood.org/give

11/1/26