the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May 26, 2026 – August 16, 2026

GROUP FITNESS SCHEDULE

All group fitness classes are included in your FFY membership

AM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–6:30 AM Pilates Michelle Spin Studio	5:30–6:30 AM Outdoor Bootcamp Kristen Clemmons Park	5:30–6:30 AM Pilates Michelle Spin Studio	5:30–6:15 AM Spin Bootcamp Kristen Spin Studio	5:30–6:30 AM Pilates Michelle Spin Studio	7:00–8:00 AM BodyPump Renee Group Fitness Studio
5:30–6:30 AM BodyPump Kristen Group Fitness Studio	5:30–6:30 AM BodyBalance Deb Group Fitness Studio	5:30–6:15 AM Queenax Training Deb Cross Training Room	6:00–7:00 AM BodyBalance Deb Group Fitness Studio	5:30–6:30 AM BodyPump Sarah Group Fitness Studio	8:15–9:00 AM Power Spin Jenny Spin Studio
8:00–8:50 AM Water Aerobics Polly Aquatic Center	7:00–8:00 AM Yoga Bre Group Fitness Studio	6:30–7:30 AM BodyBalance Renee Group Fitness Studio	7:00–7:55 AM Mix it Up Missy Group Fitness Studio	7:00–7:55 AM Mix it Up Missy Group Fitness Studio	9:15–10:15 AM BodyCombat Angie Group Fitness Studio
8:10–9:10 AM BodyPump Angie Group Fitness Studio	8:00–9:00 AM Chair Yoga Bre Group Fitness Studio	8:00–8:50 AM Water Aerobics Polly Aquatic Center	8:00–8:50 AM Water Aerobics Polly Aquatic Center	8:00–8:50 AM Water Aerobics Polly Aquatic Center	
8:15–9:00 AM Power Spin Will Spin Studio	8:00–8:50 AM Water Aerobics Cheryl Aquatic Center	8:10–9:10 AM BodyPump Angie Group Fitness Studio	8:15–9:00 AM Power Spin Jenny Spin Studio	8:10–9:10 AM BodyPump Angie Group Fitness Studio	
9:00–9:50 AM Water Aerobics Polly Aquatic Center	8:15–9:00 AM Power Spin Jenny Spin Studio	8:15–9:00 AM Power Spin Will Spin Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room	9:00–9:50 AM Water Aerobics Polly Aquatic Center	
9:30–10:30 AM Movement Improvement Ruben Group Fitness Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room	9:00–9:50 AM Water Aerobics Polly Aquatic Center	9:30–10:30 AM Silver Sneakers Margret Group Fitness Studio	9:30–10:20 AM Silver Sneakers Cheryl Group Fitness Studio	
10:45 –11:45 AM Silver Sneakers Margret Group Fitness Studio	9:30–10:30 AM Silver Sneakers Margret Group Fitness Studio	9:15–10:00 AM Barre Sarah Group Fitness Studio	10:45–11:45 AM Movement Improvement Ruben (Boxing) Group Fitness Studio	10:45–11:45 AM Movement Improvement Ruben Group Fitness Studio	
	10:45–11:45 AM Movement Improvement Ruben Group Fitness Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room		12:00–12:45 PM Virtual Spin Spin Studio	
		10:05–11:05 AM Forever Fit Joyce Group Fitness Studio			
		11:15 AM–12:15 PM Movement Improvement Ruben Group Fitness Studio			

PM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30–5:30 PM BodyPump Sara Group Fitness Studio	4:30–5:25 PM Rhythm in Motion Nancy Group Fitness Studio	4:40–5:40 PM BodyPump Nancy Group Fitness Studio	5:00–6:00 PM Pilates Michelle Spin Studio		
5:40–6:40 PM BodyCombat Nancy Group Fitness Studio	5:00–6:00 PM Pilates Michelle Spin Studio	5:45–6:45 PM BodyBalance Nancy Group Fitness Studio	5:30–6:30 PM BodyPump Renee Group Fitness Studio		
5:45–6:45 PM Yoga Flow Andrea Spin Room	5:30–6:30 PM BodyCombat Angie Group Fitness Studio	6:45–7:45 PM Zumba Rosanna Group Fitness Studio			
	5:45–6:45 PM Water Aerobics Amy/Tessa Aquatic Center				

CLASS DESCRIPTIONS

- **Barre –** Strengthen, tone, and lengthen your muscles with Barre at the Y! This low-impact group fitness class combines elements of ballet, Pilates, and strength training to improve posture, flexibility, balance, and core strength. Using small, controlled movements and high repetitions, Barre delivers a full-body workout that is both challenging and energizing for all fitness levels.

- **BodyBalanceTM –** This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. It will help improve joint flexibility & range of motion, increase your core strength and reduce your stress levels. A new BodyBalance class is released every 3 months with new music and choreography.

- **BodyCombat –** A high-energy, non-contact martial arts-inspired workout program created by Les Mills, where you punch and kick your way to fitness, drawing from various martial arts disciplines like karate, taekwondo, boxing, Muay Thai, Capoeira, and Kung Fu.

- **BodyPumpTM –** Welcome to the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

- **Chair Yoga:** A gentle, accessible yoga class using a chair for support to improve flexibility, mobility, and relaxation. Ideal for all levels, especially those looking for a low-impact practice.

- **Core and More:** Focus on strengthening your core while incorporating functional exercises for balance, stability, and total-body strength. Great for improving posture and everyday movement.

- **Forever Fit** – A class designed for the active older adult but all ages are welcome! It includes low impact aerobics, dancing and stretching. This class helps keep muscles and bones strong and increases the participants' balance, coordination and range of motion. Enjoy easy-listening music and line dance steps.

- **Movement Improvement –** This class is specific to the population living with neurological disorders, such as MS, Parkinson's, RA, etc. It will be a safe exercise environment with goals of increasing range of motion, improving strength & balance and socializing with others to gain better physical & neurological abilities. This class is a lot of fun!

- **Outdoor Bootcamp –** This high-energy group fitness class combines strength training, cardio, and functional movements in a fun and motivating outdoor environment. Designed for all fitness levels, participants will build endurance, improve strength, and stay challenged through team-based workouts, circuits, and bodyweight exercises. Fresh air, great community, and full-body results, all in one class!

- **Pilates –** A challenging, low-impact workout that targets deep core muscles, strength, and control using mat-based movements and light weights. Expect slow, precise exercises that build endurance, improve stability, and leave you feeling strong from head to toe.

- **Queenax –** A functional training workout that wraps strength training, agility, core, and plyometrics together for one fantastic workout. This class is designed for people of all physical abilities, with modifications and alternative moves guaranteed to make you successful.

- **Rhythm in Motion –** This low-impact class will use line dancing and other popular dance songs to make your workout fun! Dancing can improve strength and stamina along with reducing stress. Cowboy boots are optional!

- **Silver Sneakers –** Have fun & move to music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are used.

- **Spin Bootcamp –** A high-energy workout that combines cycling intervals with off-the-bike strength and cardio exercises for a full-body challenge. Build endurance, power, and overall athletic performance.

- **Water Aerobics –** A beginner to intermediate water fitness class for adults 50+ that combines gentle aerobics and exercises at each participant's own pace and comfort level. Water aerobics helps improve flexibility, strength, balance, and coordination, making it a great option for those with mild arthritis, recovering from minor injuries, or new to aquatic fitness.

- **Yoga –** This class incorporates simple flowing sequences to warm up the body and slower pace movements to focus on improving alignment, strength, balance, and flexibility. Yoga poses may be modified to individuals' needs. No prior yoga experience required.

- **Zumba –** An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.