Group Exercise

CYCLING – Group Cycling Studio B						October 2026	
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
5:15 am – 6:05 am		Cycle Fusion Sheila E.					
7:30 am – 8:30 am						Group Cycling Sheila E.	
9:15 am– 10:05 am		Cycle Fusion Tallie G.					
12:00 pm – 12:50 pm			Cycle Fusion Tallie G.		Group Cycling Tallie G.		
5:30 pm – 6:20 pm	Cycling Kim F.	Cycling Gayle R.					

LAND –YOGA– Group Land Exercise Studio A or C							
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
5:15 am – 6:05 am	Power C.S.I. (A) Jen S.		Strength Training (M2) (A) Johnathan H	Bootcamp Jen S./Nicole S. (A)	Bootcamp Nicole S. (A)		
6:15 am– 7:00 am		Power C.S.I Lisa K. (A)					
9:15 am – 10:05 am	Tabata Lindsey S. (A) **9:15–10:05 am** Yoga Rachel H (C)		**9:15–10:15am** Yoga Rachel H. (C) Strength Training Katie M. (A)	Tabata Tallie G. (A) Fit for Life–Chair Yoga Rachel H. (C)		**9:00–9:55 am** Boot Camp Michael H. (A) **9:15–10:15 am** Yoga Penny H. (C)	
10:00 am – 10:45 am	**10:10–10:50 am** Core and More Nancy P. (A)	Zumba Gold Rachel J. (A)	**10:10–10:55am** Zumba Gold Rachel J. (A)	**10:10–10:50am** Core and More Nancy P. (A)	**10:05–10:50am** Instructors Choice Tallie G. (A)	Zumba Greta G. (A)	
11:00 am – 11:45am	Fit for Life–Cardio Strength Nancy P. (A) Pilates Kara H. (C)	Fit for Life Chair Strength Trish H. (A)	**11:15–12:00 pm** Fit for Life–Strength Kim B. (A)	**11:15–12:00 pm** Ageless Grace Kim B. (A)	Fit for Life–Cardio Strength Jessie K. (A)		
12:00 pm – 12:50 pm		Kickboxing Raquel F. (C)		**12:05–12:55 pm** Evolve Raquel F. (A)	Yoga (Varies) Jessie K. (C)		
1:00 pm – 2:00 pm							Bootcamp Michael H. (A)
4:00 pm – 4:50 pm							ReFIT Lora S. (A)
4:30 pm– 5:20 pm	4:40– 5:25pm Bootcamp Johnathan H. (A)	Pound Andrea K. (C)		Tabata Nicole S. (A)	**4:45** Kickboxing Patrick Mc. (C)		Restorative Yoga Amanda M.(C)
5:30 pm– 6:20 pm	MixxedFit/ReFIT Melany C/Lora S (A)	BootCamp Kendra M. (A) Yoga **(60min)** Aubre M. (C)	MixxedFit Becca O. (A)	Turn Up Aimee G. (A) Yoga Heather N. (C)			
6:30 pm – 7:20 pm		ReFIT Lora S. (A)	**6:45–7:30** Kickboxing Steve H. (C)	Pilates Sculpt Christy R. (C)			

WATER - Pool							
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
9:30–10:15 am			Water Fit Combo Jane B.				
11:00 am – 11:45 am		Water Fit Combo Mary C.		Water Fit Combo Mary C.	Water Fit Combo Mary C.		
4:30 pm – 5:20 pm	Water Fit Combo Lyn S.			Water Fit Combo Lyn S.			
5:30 pm – 6:20pm	Water Fit Combo Lyn S.			Water Fit Combo Lyn S.	Aqua Zumba Rachel J.		

Group Exercise Class Descriptions

Complexity of Choreography: L – Low M – Medium H – High
Exercise Intensity: 1 – Low 2 – Medium 3 - High

GROUP CYCLING CLASSES

This is an anaerobic and aerobic workout on indoor stationary bikes that simulate outdoor bikes, in a class atmosphere. There is a limited number of bikes, so please arrive early to secure your bike.

Cycling Fusion (L3): This class consists of group cycling mixed with other formats. May include yoga, strength, boot camp, core training, Tabata, HIIT and TRX®.

Group Cycling (Varies): This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels welcome.

GROUP LAND CLASSES

With a variety of formats including cardio based, mind-body, dance and strength training, we've got something for everyone! Adults of all fitness levels are encouraged to join these classes. Land Studio is available to YMCA Members when YMCA programming is not in progress. You may utilize the studio up to 20 minutes prior to YMCA programming and 20 minutes after programming. No stereo available. Studio exercise equipment only available.

Core and More (M2): A class focused on strengthening the abdominals, back and glutes muscles using a variety of equipment.

Evolve (L2): Fully.functional.fitness. We combine elements of traditional strength, Pilates, and Barre for a fully functional workout. Gentle enough to do daily, and effective at three times a week. For men, women, and everyone ages 14 to 94.

Fit For Life–Chair Stretch/Yoga: (L1) Improve balance, range of motion, flexibility and strength through poses led with the assistance of a chair. Learn the basics of complete breathing, how to perform stretches safely, and relax mindfully. (50+)

Fit For Life–Cardio/Strength: (M1) Get a full body workout with cardio and strength to the beat of fun music and a variety of exercises that may also utilize a chair. Exercises are designed to increase cardiovascular endurance, muscular strength and increase balance to help improve movements of daily living. (50+)

Fit For Life – Strength (L1): Have fun and move to the music through a variety of seated chair exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, tubing with handles and a ball are used for resistance. (50+)

Functional Strength Training (M2): This class will provide you five fundamental loaded movement patterns utilizing our ViPR (Vitality/Performance/Reconditioning) tool. Movement patterns are combined with resistance training to build agility and strength.

Kickboxing (M2): Join us for a combination of a powerful upper body workout of punches and lower body explosion of kicks. Classes will include simple combination and basic cardio moves to keep your heart pumpin'

MixxedFit® (H2): A people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp-inspired toning. This format combines music you'd hear at the on the radio or at the club with repetitive, easy-to-follow dance and toning moves. It's a perfect class for both group fitness beginners, expert dancers and everything in between.

Pilates (L2): A unique method of body conditioning that focuses on core conditioning to strengthen the abdominals and lower back. Using the science of "contrology", it strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind.

Pilates Sculpt (L2): This format is a dynamic, full-body workout that combines the core-strengthening principles of classical Pilates with light resistance training to tone and define your muscles. This energizing group fitness class uses equipment like light dumbbells, resistance bands, and Pilates balls to enhance traditional Pilates movements. Expect a low-impact yet challenging session that improves posture, flexibility, and overall body strength – perfect for all fitness levels looking to build lean muscle and enhance core stability.

Power C.S.I. (Cardio, Strength, Intervals) (M3): Challenge yourself with innovative full-body strength exercises, core training and unique free-weight and body-weight resistance combinations between cardio intervals for an ultimate dynamic strength and total conditioning workout. Cardio may include jump rope, kickboxing, or other body weight aerobic activity.

REFIT® (M2) : Cardio dance fitness program designed to engage the body and soul, building endurance and community while engaging muscles. Exhilarating music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

Restorative Yoga (L1) : A restorative Yoga practice gives us the opportunity to slow down the fight-or-flight stress response in our fast paced modern world. The slower pace and restful poses, soothes the nervous system and creates more space in the body for healing on a deep cellular level. This sequence ill only contain 5-6 fully supported poses with blankets, bolsters, and blocks to allow for complete rest and relaxation. music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

Strength Training (L2): An essential part of a healthy lifestyle at any age and any level of ability. Get leaner and stronger with a variety of exercise equipment for total body strengthening.

Tabata (L3): This high intensity interval class will focus on cardio intervals, using the Tabata style of training. Each exercise consists of 20 seconds of work, followed by 10 seconds of rest. This class is sure to get your heart pumping!

Turn Up (H2) Dance Fitness: Turn up is a high intensity interval training dance workout that feels more like going to the club with your friends. It isn't JUST a group fitness class. It's a community and a movement to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together while we take fitness to the next level.

Yoga (Varies): Free your spirit, calm your mind and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

Zumba® (H2): Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. We want you to work out, to love working out, to get hooked.

GROUP WATER CLASSES

Water exercise is for everyone! Training in the pool is great for that everyday workout, cross-training, recovery days and injury recovery. Each class incorporates a warm-up, cardiovascular work, muscle strengthening, stretching and cool down, with or without water equipment. Proper swimwear is required and a water bottle is recommended. Please shower before entering the pool.

Aqua Zumba (H2): Known as the Zumba "Pool Party" Aqua Zumba gives anew meaning tp the idea pf an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Water Fit Combo (M2-M3): Maximize your cardio workouts and improve your strength in this water based class. Format will vary and may include shallow and/or deep end use. Aqua belts and resistance tools are used as needed for floatation assistance and building strength.