October 2026 Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	**HIIT** 6:05 am Jennifer	**Turn & Burn** 6:05 am Toni		**Turn & Burn** 6:05 am Toni		
8AM		**Human Reformer Pilates** 8:45 am				
9AM	**Unhitched Barre** 9 am Heather	**Indoor Cycle** 9 am Alex	**Pilates Fusion** 9 am Elyse	**POUND** 9 am Kasey	**Chisel & Burn** 9 am Elyse	**Weight Training** 9:15 am Toni
		POUND 9:30 am Lauren				**Indoor Cycle** 9:15 am Alex
10AM	**Fast & Fabulous** 10 am Elyse	***Low Impact Cardio** 10 am Vivian	***Low Impact Cardio** 10 am Elyse	**Pilates Mobility Stretch** 10 am Heather	**Flex & Flow** 10 am Raquel	**Gentle Flow Yoga** 10:15 am Skylar
	***Low Impact Cardio** 10 am Heather	**Yin Yoga** 10:30 am Jami			***Low Impact Cardio/Stretch** 10:15 am Vivian	
11AM	**Flex & Flow** 11 am Heather		**Flow Yoga** 11 am Meg			
4PM	**Flow Yoga** 4:15 pm Meg		**Flow Yoga** 4:15 pm Skylar			
5PM	**Indoor Cycle** 5:30 pm Gary	**Unhitched Barre** 5:30 pm Heather	**Indoor Cycle** 5:15 pm Erin	**Dance HIIT** 5:30 pm Christelle		
	HIIT 5:30 pm Vivian	**Indoor Cycle** 5:30 pm Jamie	**Step & Strength** 5:30 pm Jane			
6PM		**Outdoor Bootcamp** 6 pm Joe		**Outdoor Bootcamp** 6 pm Joe		
		Human Reformer Pilates 6 pm Heather				

Outdoor Bootcamp is held on the field weather permitting

the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dance HIIT: Learn choreographed dances with segments of weight training.

Fast& Fabulous and Strength Step Classes: 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

HIIT:45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

Human Reformer Pilates: an innovative mat-based workout that simulates the mechanics of a traditional Pilates reformer using resistance bands. By looping bands around your hands, arms, and feet, you create your own tension, effectively turning your body into the machine to build core strength

Indoor Cycle:45-minute class in the cycle room for fun and sweat to music to keep you going!

***Low Impact Cardio Strength**: **New Gym**, 45-minute class with segments that increase your heart rate with cardio and weight training, focusing on balance and stretching at the end. You can modify for any level.

Outdoor Boot Camp:45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

Pilates Fusion: 45-minute class designed to improve physical strength, flexibility, posture, and core engagement. We use weights, blocks and balls in the beginning, then move to the floor for mat work.

Pilates Mobility Stretch: this class will incorporate core, mobility and flexibility to strengthen and improve your daily life.

POUND: Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

Turn and Burn: 20 minutes of fun fast paced cycle ride and 20 minutes of weight training and core. It starts in the cycle room and ends in the aerobic room.

Unhitched Barre: 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

Flex and Flow: 45 min- this class incorporates mobility, flexibility and yoga postures to stretch the muscles and ligaments and help with functional movements are important for everyday life.

Flow Yoga: A more active series of poses known as vinyasa that link movement to breathe. You can expect sun salutations, standing poses, and balancing work as well as deep relaxing stretches. All levels welcome

Gentle Flow Yoga: A slow flow of poses known as vinyasa yoga that links movement to breathe in a more active style of stretching, balancing, and strengthening. You can expect modified sun salutations, standing poses, as well as deep relaxing stretches.

Yin Yoga: A series of long-held, relaxing floor poses that focus on the groupings of the body – the hips, legs, upper body and full body, strengthening the connective tissues.

October 2026 Aqua & Senior

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8AM	**Aqua Cardio & Tone** 8:05 am Heather		**Aqua Cardio & Tone** 8:05 am Chip		**Aqua Cardio & Tone** 8:05 am Heather
9AM	**Aqua Flow** 9 am Chip	**Aqua Tabata** 9 am Sandi	**Aqua Flow** 9 am Chip	**Aqua Tabata** 9 am Sandi	**Aqua Flow** 9 am Marge
		***Tai Chi** 9:15 am Katie			
10AM	**Aqua Arthritis** 10 am Chip	**Prime Time for Seniors** 10 am Heather	**Aqua Arthritis** 10 am Chip	**Prime Time for Seniors** 10 am Jane	**Aqua Arthritis** 10 am Marge
			Chair Yoga 10 am Meg		

Tai Chi Tuesdays August 18th -November 17th 9:15 am-9:45 am

Aqua Cardio & Tone: Pool, 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

Aqua Flow: Pool, 45-minute Lower impact moves designed to improve joint stability, improve heart health and balance in the shallow end.

Aqua Tabata: Pool, 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

Aqua Arthritis: **Pool**, Slower paced movements with range of motion movements in the water.

Chair yoga: Youth Room, All yoga poses are done seated in the chair and is accessible for most body types and abilities. The focus is on breathing and gentle postures for strength and mobility.

Prime Time for Seniors: **Youth Room**, 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.

Tai Chi: Youth Room, Gentle movements done standing or sitting to improve balance, posture and reduce stress.