



## Southwest YMCA - Group Fitness Schedule

### Beginning October 1, 2025

| Monday                                                                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                    | Sunday |
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| <b>BODYPUMP™</b> w/ Karlynn<br>9:15AM - 10:15AM<br>Group Ex Studio<br><br><b>Mobility</b> w/ Kathy<br>10:20AM - 11:20AM<br>Group Ex Studio<br><br><b>Forever Fit</b> w/ Dan<br>1:00PM - 2:00PM<br>Group Ex Studio<br><br><b>Yoga</b> w/ Stephanie<br>5:30PM - 6:45PM<br>Multipurpose Room<br><br><b>BODYCOMBAT™</b> w/ Lynn<br>5:30PM - 6:30PM<br>Group Ex Studio | <b>Total Body Strength</b><br>6:30AM - 7:30AM w/ Margaret<br>Group Ex Studio<br><br><b>BODYCOMBAT™</b> w/ Allee<br>9:15AM - 10:15AM<br>Group Ex Studio<br><br><b>Run Group and Walk To Run</b><br>9:30AM - 10:45AM<br>Track<br><br><b>Yoga</b> w/ Kathy<br>10:30AM - 11:30AM<br>Group Ex Studio<br><br><b>Strength &amp; Movement</b> w/ Dan<br>12:00PM - 1:00PM<br>Group Ex Studio<br><br><b>Strength &amp; Cardio</b> w/ Ted<br>5:30PM - 6:30PM<br>Group Ex Studio | <b>Run Group</b><br>5:45AM - 6:45AM<br>Track<br><br><b>BODYPUMP™</b> w/ Allee<br>9:15AM - 10:15AM<br>Group Ex Studio<br><br><b>VIRTUAL CORE 15 Mins</b><br>10:25AM - 10:40AM<br>Group Ex Studio<br><br><b>Chair Yoga</b> w/ Linda<br>11:00AM - 12:00PM<br>Group Ex Studio<br><br><b>Forever Fit</b> w/ Dan<br>1:00PM - 2:00PM<br>Group Ex Studio<br><br><b>Yoga</b> w/ Scott<br>5:30PM - 6:45PM<br>Gross Motor Room<br><br><b>Zumba</b> w/ Lynn<br>5:30PM - 6:30PM<br>Group Ex Studio | <b>Total Body Strength</b><br>6:30AM - 7:30AM w/ Margaret<br>Group Ex Studio<br><br><b>BODYCOMBAT™</b> w/ Krista<br>9:15AM - 10:15AM<br>Group Ex Studio<br><br><b>Yoga</b> w/ Scott<br>10:30AM - 11:30AM<br>Group Ex Studio<br><br><b>Strength &amp; Movement</b> w/ Dan<br>12:00PM - 1:00PM<br>Group Ex Studio<br><br><b>Flex &amp; Balance</b> w/ Kathy<br>1:00PM - 2:00PM<br>Group Ex Studio<br><br><b>BODYPUMP™</b> w/ Lynn<br>5:30PM - 6:30PM<br>Group Ex Studio | <b>Yoga</b> w/ Linda<br>8:30AM - 9:30AM<br>Group Ex Studio<br><br><b>BODYPUMP™</b> w/ Allee<br>10:00AM - 11:00AM<br>Group Ex Studio<br><br><b>Forever Fit</b> w/ Dan<br>1:00PM - 2:00PM<br>Group Ex Studio | <b>BODYCOMBAT™</b> w/ Lynn<br>8:30AM - 9:30AM<br>Group Ex Studio<br><br><b>BODYPUMP™</b> w/ Lynn<br>9:30AM - 10:30AM<br>Group Ex Studio<br><br><b>Zumba</b> w/ Lynn<br>10:45AM - 11:45AM<br>Group Ex Studio |        |

## **LES MILLS** **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## **LES MILLS** **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

### **Chair Yoga**

A gentle form of yoga that uses the support of a chair to stretch and strengthen your entire body. Connect your mind, body and breath while focusing on balance and coordination. Options available for all fitness levels.

### **Flex & Balance**

This class focuses on increasing your range of motion and improving your balance. Release muscular tension with stretching exercises and increasing your awareness of a healthy posture with balancing challenges. Options available for all fitness levels.

### **Forever Fit**

A low-impact class focusing on joint stability, range of motion, posture and balance. Perform exercises and movements to improve mobility and functional fitness needed to complete everyday tasks. Options available for all fitness levels.

### **Mobility**

This class focuses on articulation, flexibility and natural movement to help improve range of motion.

### **Run Group**

Beginner to Intermediate Level. Ongoing 13 week session. May join at any time.

### **Strength & Cardio**

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. \*Option available for all fitness levels.

### **Strength & Movement**

Get Strong for everyday life with functional bodyweight strength training. This class uses a progressive approach and little to no equipment to help you build strength and endurance.

### **Total Body Strength**

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. \*Options available for all fitness levels.

## **LES MILLS** **⏮ CORE**

Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

### **Yoga**

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. \*Options available for all fitness levels.



This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. \*Options available for all fitness levels.