



# GROUP EXERCISE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## Jan. 5–March 1 – 2026

\* Indicates HYBRID class

DAY & TIME	CLASS	INSTRUCTOR	INTENSITY
<b>MONDAY</b>			
5:45am–6:30am	Les Mills Body PUMP *	Jill H.	Low–Mid–High
7:30am–8:25am	POUND (AOA)*	Rachele W.	Low–Mid
8:30am–9:25am	Forever Fit*	Genoa W.	Low–Mid
9:30am–10:25am	Les Mills Body Combat*	Patty R.	Low–Mid–High
10:30am–11:25am	Les Mills Body PUMP*	Jennifer B.	Low–Mid–High
11:30am–12:25pm	WERQ*	Terri T.	Mid–High
12:30pm–1:25pm	Forever Fit Plus*	Terri T.	Low–Mid
4:30pm–5:25pm	Zumba	Kelly K.	Low–Mid–High
5:30pm–6:5pm	Les Mills Body PUMP HEAVY*	Colleen D.	Low–Mid–High
6:30pm–7:25pm	Les Mills Body Combat*	Katie D.	Low–Mid–High
7:30pm–8:00pm	Tai Chi	Tim	Low–Mid
<b>TUESDAY</b>			
5:45am–6:30am	Les Mills TONE*	Patty R.	Low–Mid–High
7:30am–8:30am	REFIT*	Sally J.	Low–Mid–High
8:30am–9:25am	Pilates*	Patty R.	Low–Mid
9:30am–10:25am	STEP & Strength*	Wendy J.	Low–Mid–High
10:30am–11:30am	NIA*	Kathleen C.	Low–Mid
11:30am–12:25pm	BARRE*	Kinyorda S.	Low–Mid
1:00pm–1:55pm	Forever Fit Plus*	Terri T.	Low–Mid
4:30pm–5:25pm	Power Yogalates*	Colleen D.	Low–Mid–High
5:30pm–6:30pm	Strength & Cardio*	Cindy P.	Low–Mid–High
6:30pm–7:25pm	Yoga	Vera B.	Low–Mid
7:30pm–8:30pm	WERQ*	Ivy R.	Mid–High
<b>WEDNESDAY</b>			
5:45am–6:30am	Les Mills Body PUMP Express*	Jill H.	Low–Mid–High
7:30am–8:30am	Forever Fit*	Genoa W.	Low–Mid
8:30am–9:30am	POUND (AOA)*	Rachele W.	Low–Mid
9:30am–10:30am	High Intensity Intervals*	Cindy P.	Low–Mid–High
10:30am–11:30am	Dance Fit*	Kellie E.	Low–Mid–High
10:30am–11:30am	WERQ (In the GYM)	Margarita S.	Mid–High
11:30am–12:30pm	Chair Yoga*	Sandra	Low
1:30pm–2:30pm	Tai Chi for Arthritis	Genoa W.	Low–Mid
4:30pm–5:30pm	Zumba	Kelly K.	Low–Mid–High
5:30pm–6:30pm	Les Mills Body Combat*	Meredith A.	Low–Mid–High
6:30pm–7:30pm	Les Mills Body PUMP*	Margarita S.	Low–Mid–High
7:30pm–8:30pm	Tai Chi	Tim C.	Low–Mid



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<b>THURSDAY</b>			
5:45am–6:30am	High Intensity Intervals*	Patty R. / Cindy P.	Low–Mid–High
5:45am	Run Group (meets in Lobby)	Jen H.	Beg–Int–Adv
7:30am–8:30am	Chair Yoga*	Genoa W.	Low
8:30am–9:30am	BARRE*	Jackie N.	Low–Mid
9:30am–10:30am	Les Mills Body Combat*	Wendy J.	Low–Mid–High
9:30am	Run Group (meets in Lobby)	Jen H.	Beg–Int–Adv
10:30am–11:30am	Yoga	Margaux H.	Low–Mid
11:30am–12:30pm	NIA*	Kathleen C.	Low–Mid
1:00pm–2:00pm	Chair Forever Fit*	Jackie N.	Low–Mid
4:30pm–5:30pm	BARRE*	Terri T.	Low–Mid
5:30pm–6:30pm	Les Mills TONE*	Terri T./Meredith	Low–Mid–High
6:30pm–7:30pm	Yoga	Sandra	Low–Mid–High
7:30pm–8:30pm	Zumba	Tricia M.	Mid–High
<b>FRIDAY</b>			
5:45am–6:30am	Les Mills Body PUMP HEAVY*	Patty R.	Low–Mid–High
7:30am–8:30am	REFIT*	Sally J.	Low–Mid–High
8:30am–9:30am	Forever Fit Plus*	Cindy P.	Low–Mid
9:30am–10:30am	Les Mills Body PUMP*	Rachele W.	Low–Mid–High
10:30am–11:30am	Pilates*	Patty R./Jessica	Low–Mid
11:30am–12:30pm	Tai Chi for Arthritis	Genoa W.	Low–Mid
12:30am–1:30pm	Chair Yoga	Linda R–S	Low
4:30pm–5:30pm	Zumba	Kelly K	Mid
5:30pm–6:15pm	STEP	Mary	Low–Mid–High
<b>SATURDAY</b>			
7:30am–8:20am	Les Mills TONE*	Meredith / Patty/Terri	Mid–High
8:30am–9:30am	BARE*	Jackie N.	Low–Mid
9:30am–10:30am	High Intensity Intervals*	Cindy P.	Mid–High
10:30am–11:30am	Zumba	Suzanne	Low–Mid
12:45pm–1:45pm	NIA*	Alice P.	Mid–High
<b>SUNDAY</b>			
8:30am–9:30am	Yoga	Jessica K.	Low–Mid
9:30am–10:30am	Les Mills Body Combat*	Meredith A.	Low–Mid–High
10:30am–11:30am	Les Mills Body PUMP HEAVY*	Lynn K.	Low–Mid–High