



GROUP EXERCISE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

Jan. 5-March 1 - 2026

* Indicates HYBRID class

DAY & TIME	CLASS	INSTRUCTOR	INTENSITY
MONDAY			
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
TUESDAY			
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
WEDNESDAY			
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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THURSDAY			
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
FRIDAY			
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
SATURDAY			
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
SUNDAY			
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