



# GROUP EXERCISE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## March 2<sup>nd</sup> - May 3<sup>rd</sup> - 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.	Mow-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-6:25pm	Les Mills Body PUMP*	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 Yagalates*	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 HEAVY*	Margarita S.	Low-Mid-High
7:30pm-8:30pm	Tai Chi	Tim C.	Low-Mid



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DAY & TIME	CLASS	INSTRUCTOR	INTENSITY
<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	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
10:30am-11:30am	Bootcamp (Gym sports court)	Vesta	Low-Mid
11:30am-12:30pm	Tai Chi for Arthritis	Genoa W.	Mid-High
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



# GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## March 2nd-May 3rd- 2026

### DAY & TIME

#### MONDAY

5:45am-6:30am  
7:30am-7:50am  
8:30am-9:15am  
9:30am-10:20am  
12:00-12:50pm  
4:30pm-5:20pm  
5:30pm-6:30pm

#### INSTRUCTOR

Paula W.  
Virtual In Studio RPM  
Rachele W.  
Virtual In Studio RPM  
Virtual In Studio RPM  
Virtual In Studio RPM  
Christine

#### TUESDAY

5:45am-6:30am  
7:00am-7:45am  
9:00am-9:45am  
12:00pm-12:45pm  
4:30pm-5:15pm  
5:45pm-6:30pm  
7:00pm-7:50pm

Jessica B.  
Virtual In Studio The Trip  
Heather S.  
Virtual In Studio The Trip  
Sandra A.  
Angela G.  
Virtual In Studio The Trip

#### WEDNESDAY

5:45am-6:30am  
7:00am-7:50am  
9:00am-9:45am  
12:00pm-12:50pm  
4:30pm-5:20pm

Christine W.  
Virtual In Studio RPM  
Briana  
Virtual In Studio RPM  
Michelle R.

#### THURSDAY

5:45am-6:30am  
7:00am-7:50am  
9:00am-9:45am  
12:00pm-12:45pm  
4:30pm-5:20pm  
5:30pm-6:15pm  
7:00pm-7:50pm

Ron K.  
Virtual In Studio RPM  
Briana P  
Virtual In Studio The Trip  
Virtual In Studio RPM  
Darcy D.  
Virtual In Studio RPM

#### FRIDAY

5:45am-6:35am  
7:00am-7:50am  
9:00am-10:00am  
12:00pm-12:50pm  
5:30pm-6:20pm

Pete R  
Virtual In Studio RPM  
Heather  
Virtual In Studio RPM  
Virtual In Studio RPM



# GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## March 2nd-Mary 3rd- 2026

### DAY & TIME

#### SATURDAY

7:30am-8:30am  
9:00am-9:45am  
11:00am-11:50am

#### INSTRUCTOR

Ron K.  
Sandy L.  
Virtual In Studio RPM

#### SUNDAY

8:30am-9:15am  
9:30am-10:15am  
10:30am-11:20am

Angela G.  
Paula  
Virtual In Studio RPM

### Class Descriptions

**Cycle**- A high-energy indoor cycle class that increases muscular and cardiovascular endurance. Classes can include various drills, cardio challenges, climbs and sprints. Options available for all fitness levels.

**LesMills RPM**- Cycling workout where you can control the intensity. Dial up the challenge factor to match your fitness level.

**LesMills The Trip**- A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS workout takes motivation and energy output to the next level, burning serious calories.

\*All participants 8 years old and up with a minimum height of 4'9" are welcome!\*

Glass containers are prohibited in the Cycle Studio. Water only is permitted.