



Southwest YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Ex Studio 6:00AM - 6:45AM <i>Beginner Pilates</i> 9:15AM - 10:15AM <i>BODYPUMP™</i> 10:20AM - 11:20AM <i>Mobility</i> 1:00PM - 2:00PM <i>Forever Fit</i> 5:30PM - 6:30PM <i>BODYCOMBAT™</i>	Group Ex Studio 6:30AM - 7:30AM <i>Total Body Strength</i> 9:15AM - 10:15AM <i>BODYCOMBAT™</i> 10:30AM - 11:30AM <i>Yoga</i> 12:00PM - 1:00PM <i>Strength & Movement</i> 4:30PM - 5:30PM <i>Fitness Challenge</i> 5:30PM - 6:30PM <i>Strength & Cardio</i>	Group Ex Studio 6:00AM - 6:45AM <i>Beginner Pilates</i> 9:15AM - 10:15AM <i>BODYPUMP™</i> 11:00AM - 12:00PM <i>Chair Yoga</i> 1:00PM - 2:00PM <i>Forever Fit</i> 5:30PM - 6:30PM <i>Zumba</i>	Group Ex Studio 6:30AM - 7:30AM <i>Total Body Strength</i> 9:15AM - 10:15AM <i>BODYCOMBAT™</i> 10:30AM - 11:30AM <i>Yoga</i> 12:00PM - 1:00PM <i>Strength & Movement</i> 1:00PM - 2:00PM <i>Flex & Balance</i> 5:30PM - 6:30PM <i>BODYPUMP™</i>	8:30AM - 9:30AM <i>Yoga</i> 10:00AM - 11:00AM <i>BODYPUMP™</i> 1:00PM - 2:00PM <i>Forever Fit</i>	8:30AM - 9:30AM <i>BODYCOMBAT™</i> 9:30AM - 10:30AM <i>BODYPUMP™</i>	
Multipurpose Room 5:30PM - 6:45PM <i>Yoga</i>	Track 9:30AM - 10:45AM <i>Run Group and Walk To Run</i>	Track 5:45AM - 6:45AM <i>Run Group</i>				
		Gross Motor Room 5:30PM - 6:45PM <i>Yoga</i>				

Beginner Pilates

Beginner Pilates: This beginner mat Pilates class builds strength, stability, and body awareness to support all movement practices. We'll focus on breathing, postural alignment, and foundational Pilates principles that enhance control, flexibility, and injury prevention.

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.

Fitness Challenge

This all-levels workout is designed to challenge everyone from beginner to high-level athlete. Work through 10 Functional Fitness Zones which include rowing, skiing, cycling, jumping, carrying and more.

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,