



# Downtown YMCA - Group Fitness Schedule 4/6/26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Cardio</b> 6:00AM - 7:00AM Studio 1	<b>Run Group</b> 5:45AM - 6:45AM Lobby	<b>Cycle</b> 6:00AM - 7:00AM Cycle	<b>Strength &amp; Cardio</b> 6:00AM - 7:00AM Studio 1	<b>Cycle</b> 6:00AM - 7:00AM Cycle	 8:00AM - 9:00AM Studio 1	
<b>Total Body Strength</b> 12:10PM - 12:50PM Studio 1	 6:00AM - 6:45AM Studio 1	 6:00AM - 6:45AM Studio 1	 6:00AM - 6:45AM Studio 2	<b>Yoga/Chair Yoga</b> 6:00AM - 7:00AM Studio 2	 10:15AM - 11:00AM Studio 1	
 12:55PM - 1:40PM Studio 1	<b>Dance Fit</b> 12:10PM - 12:50PM Studio 1	<b>Cycle</b> 7:00AM - 8:00AM Cycle	<b>Total Body Strength</b> 12:10PM - 12:50PM Studio 1	 6:00AM - 6:45AM Studio 1	<b>Yoga</b> 1:30PM - 2:10PM Studio 2	
<b>Strength &amp; Movement</b> 6:00PM - 7:00PM Studio 1	<b>Yoga</b> 12:10PM - 12:50PM Studio 2	<b>Barre</b> 12:10PM - 12:50PM Studio 1	<b>Cycle</b> 6:00PM - 7:00PM Cycle	 12:10PM - 12:55PM Studio 1		
	<b>Strength &amp; Cardio</b> 12:10PM - 12:50PM Aux Gym	 12:55PM - 1:10PM Studio 1				
	 5:00PM - 5:45PM Studio 1					

### **Barre**

A whole body workout that combines elements of ballet, yoga, Pilates and strength training. Movements are done in time to the music and focus on alignment, balance coordination, strength and flexibility. Options available for all fitness levels.

### **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.

### **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.

### **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 BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

### **LES MILLS BODYCOMBAT**

Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

### **LES MILLS BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

### **LES MILLS CORE**


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

### **LES MILLS CORE**

45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

### **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.



YMCA of Central  
New York -  
Downtown  
Group Exercise Timetable