

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am-6:45 am Beginner Pilates w/ Katy Group Ex Studio 9:15-10:15 am BODYPUMP w/ Karlyn Group Ex Studio 10:20-11:20 am Mobility w/ Kathy Group Ex Studio 1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio 5:30-6:30 pm BODYCOMBAT w/ Lynn Group Ex Studio 5:30-6:45 pm Yoga w/ Stephanie Multipurpose Room	6:30-7:30 am Total Body Strength w/Margaret Group Ex Studio 9:15-10:15 am BODYCOMBAT w/ Allee Group Ex Studio 9:30-10:45 am Run Group Walk to Run Track 10:30-11:30 am Yoga w/ Kathy Group Ex Studio 12:00-1:00 pm Strength & Movement w/ Dan Group Ex Studio 4:30-5:30 pm Fitness Challenge w/ Ted Group Ex Studio 5:30-5:30 pm Strength & Cardio w/ Ted Group Ex Studio	5:45-6:45 am Run Group Track 6:00 am-6:45 am Beginner Pilates w/ Katy Group Ex Studio 9:15-10:15 am BODYPUMP w/ Allee Group Ex Studio 11:00am-12:00 pm Chair Yoga w/ Linda Group Ex Studio 1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio 5:30-6:30 pm ZUMBA w/ Lynn Group Ex Studio 5:30-6:45 pm Yoga w/ Scott Multipurpose Room	6:30-7:30 am Total Body Strength w/Margaret Group Ex Studio 9:15-10:15 am BODYCOMBAT w/ Krista Group Ex Studio 10:30-11:30 am Yoga w/ Scott Group Ex Studio 12:00-1:00 pm Strength & Movement w/ Dan Group Ex Studio 1:00pm-2:00 pm Flex & Balance w/ Kathy Group Ex Studio 5:30-6:30 pm BODYPUMP w/ Lynn Group Ex Studio	8:30-9:30 am Yoga w/ Linda Group Ex Studio 10:00-11:00 am BODYPUMP w/ Allee Group Ex Studio 11:15 am– 12:00 pm Core & More w/ Sairron Group Ex Studio Starts 7/10/26 1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio	8:30-9:30 am BODYCOMBAT w/ Lynn Group Ex Studio 9:30-10:30 am BODYPUMP w/ Lynn Group Ex Studio Child Watch Hours: Monday 9:00 am to 12:00 pm, 4:30 pm to 7:30 pm Tuesday 9:00 am to 12:00 pm Wednesday 9:00 am to 12:00 pm, 4:30 pm to 7:30 pm Thursday 9:00 am to 12:00 pm Saturday 8:30 am to 11:30 am Child Watch is free with Family Memberships.	8:30-9:15 am Pilates w/ Lynn Group Ex Studio 9:30 am-10:30 am BODYCOMBAT w/ Rosie Group Ex Studio



Southwest YMCA

Group Exercise Schedule

Class Descriptions

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.	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.
LesMills 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.	Mobility: This class focuses on articulation, flexibility and natural movement to help improve range of motion
LesMills 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.	Run Group: Run Group Beginner to Intermediate Level. Ongoing 13 week session. May join at any time.
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.	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.
Core & More: This class focuses on strengthening and conditioning your core, while also targeting underutilized muscle groups to improve strength and stability.	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.
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.	Total Body Strength: A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls.
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.	Zumba: This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. *Options available for all fitness levels
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.	