

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am-6:45 am Beginner Pilates w/ Katy Group Ex Studio	6:30-7:30 am Total Body Strength w/Margaret Group Ex Studio	5:45-6:45 am Run Group Track	6:30-7:30 am Total Body Strength w/Margaret Group Ex Studio	8:30-9:30 am Yoga w/ Linda Group Ex Studio	8:30-9:30 am BODYCOMBAT w/ Lynn Group Ex Studio	8:30-9:15 am Pilates w/ Lynn Group Ex Studio
9:15-10:15 am BODYPUMP w/ Karlyn Group Ex Studio	9:15-10:15 am BODYCOMBAT w/ Allee Group Ex Studio	6:00 am-6:45 am Beginner Pilates w/ Katy Group Ex Studio	9:00-10:00 am GUIDED CIRCUIT w/Dan Class held in the Fitness Center	10:00-11:00 am BODYPUMP w/ Allee Group Ex Studio	9:30-10:30 am BODYPUMP w/ Lynn Group Ex Studio	9:45 am-10:30 am BODYCOMBAT w/ Rosie Group Ex Studio
10:20-11:20 am Mobility w/ Kathy Group Ex Studio	9:30-10:45 am Run Group Walk to Run Track	9:15-10:15 am BODYPUMP w/ Allee Group Ex Studio	9:15-10:15 am BODYCOMBAT w/ Krista Group Ex Studio	11:30 am– 12:15 pm Core & More w/ Sairron Group Ex Studio		
1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio	10:30-11:30 am Yoga w/ Kathy Group Ex Studio	11:00am-12:00 pm Chair Yoga w/ Linda Group Ex Studio	10:30-11:30 am Yoga w/ Scott 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	1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio	1:00-2:00 pm Forever Fit w/ Dan Group Ex Studio	1:00pm-2:00 pm Flex & Balance w/ Kathy Group Ex Studio			
5:30-6:45 pm Yoga w/ Stephanie Multipurpose Room	4:30-5:30 pm Fitness Challenge w/ Ted Group Ex Studio	5:30-6:30 pm ZUMBA w/ Lynn Group Ex Studio	5:30-6:30 pm BODYPUMP w/ Lynn Group Ex Studio			
	5:30-6:30 pm Strength & Cardio w/ Ted Group Ex Studio	6:30-7:45 pm Yoga w/ Scott Multipurpose Room				



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.	Guided Circuit: Work your way through a full body strength machine circuit with the assistance of a Certified Personal Trainer. This class will help familiarize you with our weight machines and put together workouts that make sense.
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.	Mobility: This class focuses on articulation, flexibility and natural movement to help improve range of motion
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.	Run Group: Run Group Beginner to Intermediate Level. Ongoing 13 week session. May join at any time.
Core & More: This class focuses on strengthening and conditioning your core, while also targeting underutilized muscle groups to improve strength and stability.	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.
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.	