GROUP EXERCISE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

* Indicates HYBRID class

Must be 8 years or older to participate. If weights are involved, must be 13+

Nov 2nd–Jan 3rd 2027

DAY & TIME	CLASS	INSTRUCTOR	INTENSITY
MONDAY			
5:45am–6:30am	Les Mills Body PUMP Express*	Julie G.	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	Les mills Body Combat	David U.	Low–Mid–High
5:30pm–6:25pm	Total Body Stegnth*	Colleen D.	Low–Mid–High
6:30pm–7:25pm	Zumba	Kelly K.	Low–Mid–High
7:30pm–8:15pm	Tai Chi (no class 11/2)	Tim C.	Low–Mid
TUESDAY			
5:45am–6:30am	Les Mills TONE*	Patty R.	Low–Mid–High
7:30am–8:25am	Total Body Strength *	Jennifer B.	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–11:25am	NIA*	Kathleen C.	Low–Mid
11:30am–12:25pm	BARRE*	Kinyorda S.	Low–Mid
12:30pm–1:25pm	Forever Fit Plus*	Terri T.	Low–Mid
1:30pm–2:25pm	Chair yoga *	Melissa B.	Low
4:30pm–5:25pm	Yogalates *	Colleen D.	Low–Mid
5:30pm–6:25pm	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
WEDNESDAY			
5:45am–6:30am	Les Mills Body PUMP Express*	Julie G.	Low–Mid–High
7:30am–8:25am	Forever Fit*	Genoa W.	Low–Mid
8:30am–9:25am	POUND (AOA)*	Rachele W.	Low–Mid
9:30am–10:25am	High Intensity Intervals*	Cindy P.	Low–Mid–High
10:30am–11:25am	WERQ*	Margarita S.	Low–Mid–High
11:30am–12:25pm	Yoga (NEW!)	Margaux H.	Low–Mid
1:30pm–2:25pm	Tai Chi for Arthritis	Genoa W.	Low–Mid
4:30pm–5:25pm	Zumba	Kelly K.	Low–Mid–High
5:30pm–6:25pm	Les Mills Body Combat*	Meredith A.	Low–Mid–High
5:45pm–6:45pm	Run Group (meet in lobby)	Jen S.	Mid–High
6:30pm–7:25pm	Les Mills Body PUMP*	Margarita S.	Low–Mid–High
7:30pm–8:15pm	Tai Chi (No Class 11/4)	Tim C.	Low–Mid

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THURSDAY			
5:45am–6:30am	High Intensity Intervals*	Patty R. / Cindy P.	Low–Mid–High
5:45am	Run Group (meets in Lobby)	Jeanne M.	Beg–Int–Adv
7:30am–8:25am	Chair Yoga*	Genoa W.	Low
8:30am–9:25am	BARRE*	Jackie N.	Low–Mid
9:30am–10:25am	Les Mills Body Combat*	Wendy J.	Low–Mid–High
9:30am	Run Group (meets in Lobby)	Jen H.	Beg–Int–Adv
10:30am–11:25am	Dance Fit* (NEW!)	Kellie E.	Low–Mid
11:30am–12:25pm	NIA*	Kathleen C.	Low–Mid
12:30pm–1:25pm	Forever Fit* PLUS *	Jackie N.	Low–Mid
4:45pm–5:25pm (NEW)	BARRE* Express	Terri T.	Low–Mid
5:30pm–6:25pm	WERQ*	Tricia M.	Low–Mid–High
6:30pm–7:30pm	Yoga	Sandra A.	Low–Mid
FRIDAY			
5:45am–6:30am	Total Body Strength*	Patty R.	Mid–High
7:30am–8:25am	Les Mills TONE *	Terri T /Patty R.	Low–Mid–High
8:30am–9:25am	Forever Fit Plus*	Cindy P.	Low–Mid
9:30am–10:25am	Les Mills Body PUMP*	Rachele W.	Low–Mid–High
10:30am–11:25am	Pilates*	Jessica K./ Patty R.	Low–Mid
10:30am–11:25am	Boot Camp (Gym–Sports Court)	Vesta G.	Mid–High
11:30am–12:25pm	Tai Chi for Arthritis	Genoa W.	Low–Mid
12:30am–1:30pm	Chair Yoga	Linda R–S	Low
4:30pm–5:25pm	Zumba	Kelly K.	Mid–High
5:30pm–6:15pm	Strength & Cardio Express (NEW!)	Mary M.	Low–Mid
SATURDAY			
7:30am–8:25am	REFIT * (NEW!)	Sally J.	Mid–High
8:30am–9:25am	BARRE*	Jackie N.	Low–Mid
9:30am–10:25am	High Intensity Intervals*	Cindy P.	Low– Mid–High
10:30am–11:30am	Zumba	Suzanne A.	Low–Mid–High
12:45pm–1:45pm	NIA*	Alice P.	Low– Mid
SUNDAY			
8:30am–9:25am	Yoga	Paul/Melissa/Jessica/Vera	Low–Mid
9:30am–10:25am	Les Mills Body Combat*	Meredith A.	Low–Mid–High
10:30am–11:30am	Total Body Strength*	Lynn K.	Low–Mid–High