

GROUP EXERCISE SCHEDULE

Sept – Nov 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRANSFORM 5:15-5:45AM CAITLIN J.	BOOT CAMP 5:15-6:15AM CAITLIN J.	PILATES & STRETCH 5:15-6:00AM HEATHER	CORE DE FORCE 5:15-6:15AM CAITLIN J.	SHRED IT 5:15-6:00AM HEATHER		
CORE CIRCUITS 5:50-6:20AM CAITLIN J.						
STARTING STRENGTH 6:30-7:15AM SELF-LED	MUSCLE ENDURANCE 6:45-7:30AM SHELLY	FUNCTIONAL STRENGTH 6:30-7:15AM NOAH		STARTING STRENGTH 6:30-7:15AM SELF-LED		
FLEXIBILITY + MOBILITY 8:00-8:30AM LORI		FLEXIBILITY + MOBILITY 8:00-8:30AM LORI			CARDIO DANCE FITNESS 8:15-9:15AM LINDSAY	
CIRCUITS 8:45-9:45AM LORI	GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED	CIRCUITS 8:45-9:45AM LORI	GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED	GOOD MORNING WATER AEROBICS 8:30-9:30AM SELF LED		
AQUA CARDIO STRENGTH 9:00-10:00AM ANNE K.	RIP 8:30-9:30AM SUZANNE	AQUA CARDIO CORE 9:00-10:00AM ANNA R.	STRONG NATION 9:00-10:00AM SUZANNE	RIP 8:45-9:45AM JESSICA		BARRE/MUSCLE ENDURANCE (ALTERNATING) 9:30-10:30AM THEA/SHELLY
SLOW FLOW YOGA 10:00-11:00AM ASHLEY S.	STRONG NATION 9:45-10:30AM SUZANNE	SLOW FLOW YOGA 10:00-11:00AM ASHLEY S.	RESILIENCE 10:10-10:50AM LAURENCE	STRETCH & RESTORE 10:00-10:30AM JESSICA		
		HYBRID STRENGTH 11:15AM-12:00PM BRIANNE				
		BARRE 12:10-12:40PM BRIANNE				
CARDIO DANCE FITNESS 4:15-5:15PM LINDSAY		CARDIO DANCE FITNESS 4:15-5:15PM LINDSAY	STARTING STRENGTH 4:15-5:00PM TREVOR	KETTLEBELLS 4:45-5:30AM JERRY		
BUTTS & GUTS 5:30-6:15PM DONNA		BARRE 5:30-6:15PM THEA	POWERFIT 5:15-6:00PM TREVOR			
SLOW FLOW YOGA 6:30-7:30PM CAITLIN W.		GOOD EVENING WATER AEROBICS 5:30-6:30PM SELF LED	AQUA CARDIO CORE 5:30-6:30PM ANNA R.			
			YIN YOGA & MOBILITY 6:30-7:30PM LAURA			
			MOMMA HEART YOGA (18+) 7:45-8:45PM RHEA			

TYPE OF EXERCISE:	CARDIO	STRENGTH	CORE/FLEXIBILITY	AQUATIC
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Group Exercise classes are open to participants 13+

Pre-registration is recommended. Registration opens one week prior to the class.

Register by phone, online, or on the YMCA360 app. Cancel existing registration by phone, online or on the app.



CLASS DESCRIPTIONS

Core Circuits: A strong core leads to a strong body, better posture, and better self-awareness. Various strengthening exercises for the abdominals, back and hips will help midsection stability and strength.

Flexibility + Mobility: This class is designed to improve flexibility and mobility through a series of dynamic stretches, movements, and exercises. This class focuses on increasing range of motion, enhancing joint mobility, and promoting overall flexibility in a safe and effective way.

Momma Heart Yoga (Ages 18+): This class will give you space to stretch, strengthen, and breathe while getting to know other moms. This class offers a mix of slow flow yoga, meditation and restorative movement for ALL stages of motherhood; prenatal to grandmother!

Resilience: Develop the strength, mobility, and endurance needed to stay resilient in both competition and everyday life. This functional training session is designed to enhance your performance in activities like Pickleball, Cycling, and Running while building the stability and strength to handle daily challenges with confidence. Be fit for the game, stay strong, be resilient.

Pilates & Stretch: Repetitive exercise performed on a yoga mat or standing, to increase muscular strength, improve your flexibility, and enhance coordination and balance. Targets core strengthening, postural improvements, while also hitting those "powerhouse" muscles (glutes, hips, pelvic floor & lower back) - all while encouraging deep, conscious breathing. Each class includes a set of conscious stretching to increase flexibility to improve strength.

Slow Flow Yoga: Improve mindfulness, breathwork, flexibility, balance and strength in a slow rhythm of yoga poses. Your joints and muscles gradually warm up over a longer period and you have more time to perfect your alignment in each pose. Suitable for all levels.

Stretch & Restore: This stretch class uses a variety of moves and methods to strengthen, stretch, and reset your body. This is great in conjunction with another class/workout or as a stand-alone exercise practice.

Yin Yoga & Mobility Training: This slow-paced class for all levels will guide you through active movements to improve range of motion through passive holds as we nourish the joints and connect to our body with breathwork.

Barre: Open to all fitness and experience levels, the class uses movements inspired by Pilates, dance, yoga and more for a full body toning workout.

Circuits: A combination of strength and cardio exercises for a total body workout.

Functional Strength: A well-rounded workout focused on building strength and muscle through resistance training, boosting cardiovascular health with HIIT-style conditioning, and improving mobility for better movement and long-term joint health.

Hybrid Strength: This full body workout begins with a warm up followed by 3 rounds of either dumbbell or kettlebell exercises, ending with a foam rolling & stretching segment.

Kettlebells: Firm your glutes, abs, arms and legs with just one piece of equipment - the kettlebell.

Muscle Endurance: This class includes circuit training, cardio exercise, weighted exercises and finishes with core training and stretching for a complete workout.

PowerFit: An intense, high-energy group workout class designed to build strength, power, and endurance. Combining elements of weightlifting, high-intensity interval training (HIIT), and functional movements, you will be pushed to your limit with varied, full-body workouts.

RIP: Lift your way to fitness with a strength training set to music.

Starting Strength: Build foundational strength through exercises aimed at increasing your ability to move skillfully and efficiently in everyday activities.

Boot Camp: Fast transitions with small rests between sets of strength and cardio moves.

Butts & Guts: A cardio class filled with lower body, abs and lower back exercises to tone, sculpt, and strengthen the lower body and core.

Cardio Dance Fitness: A mix of traditional fitness moves and high-energy dancing set to modern pop and hip-hop.

Core De Force: Total body workout inspired by MMA-style training. Using high intensity intervals, this body weight training class focuses on core-centric movement.

Shred It: Total body conditioning focusing on intervals that target every major muscle group and capped off with a metabolic conditioning phase.

STRONG Nation: A HIIT program using traditional fitness moves for an athletic-conditioning style workout.

Transform: This 30-minute, music driven, high intensity cardio conditioning class uses a step to ramp up your calorie burn.

Aqua Cardio Core: After a short warm up, this class jumps into cardio and core combinations to get the heart rate up and strengthen the center. Classes rotate between using no equipment to incorporating buoyant water weights, kickboards and noodles. Good for beginners and advanced participants with variations shown so each person finds the right intensity.

Aqua Cardio Strength: Get your heart rate up with a low-impact, full body workout in the pool.

Good Morning/Evening Water Aerobics: Get your pool workout done with workout templates developed by our Aquatic Fitness team. Workout includes body weight resistance and water aerobics equipment. Self-led.