



# FINISH THE YEAR FEELING STRONG!

## PILOT FAMILY YMCA

### GROUP FIT SCHEDULE DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am <b>ULTIMATE FIT#</b> Gina	5:30am-6:15am <b>ULTIMATE FIT#</b> Gina	5:30am-6:15am <b>ULTIMATE FIT^</b> Heather	5:30am-6:15am <b>ULTIMATE FIT#</b> Gina	5:30am-6:15am <b>ULTIMATE FIT^</b> Heather	7:15am-8:15am <b>PILATES CORE &amp; STRENGTH</b> Michelle
6:00am-6:45am <b>SPIN</b> Leland	6:00am-6:45am <b>YOGA</b> Alternating Instructor	6:00am-6:45am <b>SPIN*</b> Sarah	6:00am-7:00am <b>YOGA</b> Sarah	6:00am-6:45am <b>SPIN*</b> Leland / Gina	8:30am-9:30am <b>YOGA</b> Alternating Instructor
7:00am-7:45am <b>CHAIR YOGA</b> Susan	8:30am-9:30am <b>BODYPUMP</b> Veronica	7:00am-7:45am <b>CHAIR YOGA</b> Susan	8:30am-9:30am <b>BODYPUMP</b> Deb	7:00am-7:45am <b>CHAIR YOGA</b> Susan	9:45am-10:45am <b>BODYPUMP</b> Alternating Instructor
8:30am-9:15am <b>MOBILITY &amp; STRETCH</b> Deb	9:35am-10:30am <b>DANCE FITNESS</b> Denise	8:30am-9:15am <b>MOBILITY &amp; STRETCH</b> Deb	9:00am-10:00am <b>WALKING GROUP</b> Pavilion - Lower Lot	8:00am-8:45am <b>TOTAL BODY STRENGTH^</b> Kimmie	11:00am-12:00pm <b>DANCE FITNESS</b> Nora
8:30am-9:15am <b>SPIN*</b> Vicki	9:30am-10:30am <b>SPIN*</b> Chris	8:30am-9:15am <b>SPIN*</b> Frannie	9:30am-11:00am <b>SPIN*</b> Frannie	8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	<div>SUNDAY</div> <div>1:30pm-2:30pm <b>DANCE FITNESS</b> Chico / Nora</div> <div>2:45pm-3:45pm <b>YOGA</b> Hanna</div>
8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	10:45am-11:30am <b>KICK START FIT</b> Denise	8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	9:35am-10:35am <b>DANCE FITNESS</b> Deb	8:30am-9:30am <b>BARRE</b> Denise	
9:00am-9:45am <b>ULTIMATE FIT^</b> Veronica	11:45am-12:45pm <b>POWER YOGA</b> Kimberly	9:00am-9:45am <b>ULTIMATE FIT^</b> Heather	10:45am-11:30am <b>KICK START FIT</b> Deb	9:00am-9:45am <b>CYCLE FUSION*</b> Kerri	
9:30am-10:30am <b>YOGA BOOT CAMP</b> Frannie	1:00pm-1:45pm <b>CHAIR YOGA</b> Debbie P.	9:30am-10:30am <b>PILATES</b> Frannie	11:45am-12:30pm <b>YOGA</b> Hanna	9:15am-10:15am <b>BODY COMBAT^</b> Leslie	
10:45am-11:30am <b>KICK START FIT</b> Kimmie	5:05pm-5:50pm <b>BODY BALANCE</b> Veronica	10:45am-11:30am <b>KICK START FIT</b> Vickey B	1:00pm-1:45pm <b>CHAIR YOGA</b> Hanna	9:45am-10:30am <b>POWER YOGA</b> Annabel	<div></div> <div>We'll be operating with special hours and modified Group Fitness options during the Christmas and New Year holidays. Full details will be shared soon — and don't forget to use the YMCA360 App for real-time updates, plus great workouts you can enjoy at home, on the go, or while traveling this holiday season.</div> <div></div>
1:00pm-1:45pm <b>LINE DANCING</b> Christine	6:00pm-7:00pm <b>ZUMBA</b> Sovanne / Nicole	1:00pm-1:45pm <b>CHAIR PILATES</b> Debbie P.	5:00pm-5:45pm <b>YIN YOGA</b> Andrea	10:45am-11:30am <b>KICK START FIT</b> Michelle	
5:00pm-5:45pm <b>BODY BALANCE</b> Neeley	6:00pm-6:45pm <b>INDOOR WATER FIT</b> Mary Grace	4:45pm-5:45pm <b>DANCE FITNESS</b> Deb	5:30pm-6:15pm <b>ULTIMATE FIT^</b> Michelle	11:45am-12:30pm <b>PILATES CORE &amp; STRENGTH</b> Michelle	
5:30pm-6:15pm <b>ULTIMATE FIT^</b> Michelle		6:00pm-7:00pm <b>BODYPUMP</b> Vicki	6:00pm-7:00pm <b>BODY COMBAT</b> Leslie	6:00pm-6:45pm <b>INDOOR WATER FIT</b> Alexis	
6:00pm-7:00pm <b>BODYPUMP</b> Vicki			6:00pm-6:45pm <b>INDOOR WATER FIT</b> Alexis	6:30pm-7:30pm <b>ZUMBA</b> Sovanne	
<div>Group Fit Classes are open to YMCA Members 14 and older!</div> <div>* Indicates pre-registration required at the Front Desk</div> <div>^ Indicates class held in the Gym   * Indicates Outdoor Pool House Area</div>					