

# CONSISTENCY IS IN FULL BLOOM

## PILOT FAMILY YMCA

### GROUP FIT SCHEDULE APRIL 2026

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</b> <b>CORE &amp; STRENGTH</b> Michelle
6:00am-6:45am <b>MOWL SPIN*</b> Leland	6:00am-6:45am <b>YOGA</b> Sarah	6:00am-6:45am <b>SPIN*</b> Sarah	6:00am-7:00am <b>YOGA</b> Sarah	6:00am-6:45am <b>MOWL 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 or</b> <b>BODYPUMP HEAVY</b> See YMCA360 App
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> Vicki	8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	<b>SUNDAY</b>
8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	10:00am-10:45am <b>WATER FIT</b> Hope	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	1:30pm-2:30pm <b>DANCE FITNESS</b> Chico / Nora
9:00am-9:45am <b>ULTIMATE FIT^</b> Veronica	10:45am-11:30am <b>KICK START TOTAL FIT</b> Denise	9:00am-9:45am <b>ULTIMATE FIT^</b> Heather	10:00am-10:45am <b>WATER FIT</b> Hope	9:00am-9:45am <b>CYCLE FUSION*</b> Kerri	2:45pm-3:45pm <b>YOGA</b> Hanna
9:30am-10:30am <b>YOGA BOOT CAMP</b> Frannie	11:45am-12:45pm <b>POWER YOGA</b> Kimberly	9:30am-10:30am <b>PILATES</b> Frannie	10:45am-11:30am <b>KICK START MOBILITY</b> Deb	9:15am-10:15am <b>BODY COMBAT^</b> Leslie	
10:45am-11:30am <b>KICK START STRENGTH</b> Kimmie	1:00pm-1:45pm <b>CHAIR YOGA</b> Debbie P.	10:45am-11:30am <b>KICK START CARDIO</b> Vickey B	11:45am-12:30pm <b>YOGA</b> Hanna	9:45am-10:30am <b>POWER YOGA</b> Annabel	24/7 Wellness Center access at the Pilot Family YMCA is here! Enjoy the freedom to work out on your schedule. For just an additional \$10/month per person added to your membership, you can now add 24/7 Wellness Center access to the upstairs Wellness Center, which includes cardio equipment, free weights, and functional fitness space. To get started, visit our Front Desk in person to sign up!
11:45am-12:45pm <b>BODYPUMP HEAVY</b> Michelle	5:05pm-5:50pm <b>YOGA FUSION</b> Veronica	11:45am-12:45pm <b>BODYPUMP HEAVY</b> Michelle	1:00pm-1:45pm <b>CHAIR YOGA</b> Hanna	10:45am-11:30am <b>KICK START BODY &amp; CORE</b> Michelle	
1:00pm-1:45pm <b>LINE DANCING</b> Christine	6:00pm-7:00pm <b>ZUMBA / DANCE</b> Sovanne / Nicole	1:00pm-1:45pm <b>CHAIR PILATES</b> Debbie P.	5:00pm-5:45pm <b>YIN YOGA</b> Andrea	11:45am-12:45pm <b>PILATES</b> <b>CORE &amp; STRENGTH</b> Michelle	
5:00pm-5:45pm <b>BALANCE</b> Neeley	6:00pm-6:45pm <b>WATER FIT</b> Mary Grace	4:45pm-5:45pm <b>DANCE FITNESS</b> Deb	5:30pm-6:15pm <b>ULTIMATE FIT^</b> Michelle	6:00pm-6:45pm <b>WATER FIT</b> Alexis	
5:30pm-6:15pm <b>ULTIMATE FIT^</b> Michelle		6:00pm-7:00pm <b>BODYPUMP HEAVY</b> Vicki	6:00pm-7:00pm <b>BODY COMBAT</b> Leslie	6:30pm-7:30pm <b>ZUMBA</b> Sovanne	
6:00pm-7:00pm <b>BODYPUMP</b> Vicki			6:00pm-6:45pm <b>WATER FIT</b> Alexis		

\* Indicates pre-registration required at the Front Desk  
^ Class held in the Gym \* Class at Outdoor Pool Area