



# TENNOVA FAMILY YMCA

## APRIL 2026

### Monday Tuesday

5:30a – MOWL Spin 🦉 - Danielle – C  
 8:30a – Total Body – Keli – A  
 9:00a – Ultimate Fit – Teresa – MPR  
 9:00a – Aqua Aerobics – Janet  
 9:30a – BodyCombat/Core – Lo - A  
     **45 mins Combat/20 mins Core**  
 9:30a – Yoga – Melissa – B  
 10:00a – Aqua Arthritis – Janet  
 10:15a – Fit 4 Life – Jess – Gym  
 10:45a – Barre – Lindsey – A  
 11:15a – Pedaling for Parkinsons–Jess/Mary Nelle–C  
     **11:15a–Pop-up April 13<sup>th</sup> ONLY –**  
     **Women’s Self Defense – Julie R. - B**  
 11:30a – Aqua Aerobics – KJ  
 4:30p – I Can Teen Fit – Julie S. - A  
 5:00p – Ultimate Teen Fit – Julie S. – MPR  
 5:30p – Spin – Jorge – C  
 6:00p – Ultimate Fit – Julie S. – MPR  
 6:00p – BODYPUMP – Muna – A

5:15a – Total Body – Julie S. – A  
 8:30a – BODYPUMP – Rhonda - A  
 9:15a – Spin/MOWL 🦉 optional – Rachel – C  
 9:45a – Pilates – Mary Nelle – A  
 10:00a – Aqua Aerobics – Jane  
 10:15a – Fit 4 Life – Lo - Gym  
 10:45a – Core – Mary Nelle – A  
 11:00a – Aqua Arthritis – Jane  
     **5:00p – Pop-up BodyCombat April 14<sup>th</sup> ONLY – Lo - A**  
 5:30p – Yoga – AnneMarie – B  
 6:00p – HIIT – Angela – A  
     **6:00p – Pop-up Step April 14<sup>th</sup> ONLY – Erin - A**  
 6:00p – Ultimate Fit– Paul – MPR

### Wednesday Thursday

5:30a – MOWL Spin 🦉 - Danielle – C  
 8:30a – Cardio Blast – Leslie – A  
 9:00a – Ultimate Fit – Teresa – MPR  
 9:00a – Aqua Aerobics – KJ  
 9:30a – Bosu Strength – Mary Nelle – A  
 10:00a – Aqua Arthritis – Leslie  
 10:15a – Fit 4 Life – Janet – Gym  
 11:15a – Balance 4 Life – Janet – A  
 12:00p – Aqua Aerobics – Jess  
 5:30p – ZUMBA® – Dannisha – A  
 5:45p – Spin – Ken – C  
 6:00p – Ultimate Fit – Julie S. – MPR  
 6:00p – Aqua Aerobics – Lisandra  
 6:35p – BodyPump/Shapes Combo - Casey – A  
     30 mins Pump/30 mins Shapes  
**New Release BodyPump 136 (1 hour) –April 1<sup>st</sup>–Casey, Paige**  
**New Release Shapes 14 – April 1<sup>st</sup> (30 min) – Casey**

5:15a – Total Body – Julie S. – A  
 8:30a –BodyCombat – Lo - A  
     **New Release BodyCombat 106 - April 9<sup>th</sup> – Lo, Paige, Leslie A.**  
 9:45a – ZUMBA® – Leslie – A  
 10:00a – Yoga – AnneMarie – B  
 10:00a – Aqua Aerobics – Crystal  
 10:15a – Fit 4 Life – Lori – Gym  
 11:00a – Aqua Arthritis – Leslie  
 11:15a – Pedaling for Parkinsons–Jess/Mary Nelle –C  
 5:00p – Ultimate Teen Fit – Julie S. – MPR  
 5:30p – Yoga – Robert - B  
 6:00p – Kickboxing – Angela - A  
 6:00p – Ultimate Fit – Julie S. – MPR  
 6:00p – Aqua Aerobics – Tanya

### Friday Saturday


5:30a – MOWL Spin 🦉 - Danielle – C  
 8:30a – Yoga– Mary Nelle – B  
 8:30a – BODYPUMP – Rhonda – A  
 9:00a – Aqua Aerobics – Jane  
 9:15a – Spin – Jess – C  
 9:45a – Barre – Mary Nelle – A  
 10:00a – Aqua Arthritis – Jane  
 10:15a – Fit 4 Life – Jess – Gym  
 11:00a – Aqua Aerobics – Jane

8:00a – BODYPUMP – Mark – A  
 8:30a – Ultimate Fit – Paul – MPR  
 9:15a – ZUMBA® - Katie - A  
 10:15a – Aqua Aerobics – Tanya  
**Sunday**  
 3:00p – Yoga – Robert 19,26/Erin 12 -A (90 mins)

**KEY:** Studio A – Upstairs Studio  
 Studio B – Yoga Studio  
 Studio C – Spin Studio  
 MPR – Multi Purpose Room

**\*CLOSED - Sunday, April 5<sup>th</sup> - Easter**

**\*\*BOLD CLASSES MEANS NEW CLASS, NEW TIME, NEW INSTRUCTOR, OR NEW LOCATION**

<b>Aqua Aerobics</b>	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min)
<b>Aqua Arthritis</b>	Water based exercises targeted to increase physical activity among people with arthritis. (45 min)
<b>Balance 4 Life</b>	Includes balance and stability, chair yoga, stretching, strength and can be done in a chair with the option to sit or stand as able. <b>Senior Friendly</b> (45 min)
<b>Barre</b>	Combines Pilates and Yoga for a full body workout that strengthens, stretches, and tones. The use of light weights, bands, and balance balls make moves more effective and challenging. (45 min)
<b>BodyCombat</b>	BodyCombat is a high-energy, non-contact, martial arts-inspired workout. It is an aerobic routine that seeks cardiovascular performance through movements taken from martial arts such as Taekwondo, Tai Chi, Capoeira, Muay Thai, Karate or boxing. (30 mins or 1hr)
<b>BodyPump</b>	BODYPUMP from Les Mills is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health, and leave you feeling strong and fit. (45min-1hr)
<b>BodyPump Heavy</b>	The new workout of the decade. Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun. No intimidation, just science-backed heavy lifting, iconic music and addictive energy. (1hr)
<b>Bosu Strength</b>	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands. (45 min)
<b>Cardio Blast</b>	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises. (45 min)
<b>Core</b>	High intensity workout that targets everything from the shoulders to the hips. May include drills, calisthenics, strengthening, and stretches. Suitable for all fitness levels. (45 min)
<b>Fit 4 Life</b>	A cardio, strength training workout fit for any exercise level. Developed to make your body, mind, soul, and spirit strong and healthy. It's fun and <b>Senior friendly</b> . (45 min)
<b>HIIT</b>	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises. (45 min)
<b>I Can Teen Fit</b>	A class designated for intellectual and/or developmental disabilities for ages 12-18, with exercises and programming targeted to their ability levels. (30 min)
<b>MOWL® Spin</b> 	MOWL® Intelligent Training brings video entertainment, visual motivation, and personal progress options to enhance your indoor experience. Riders get to choose their level of involvement by downloading the app and getting exhaustive data from their ride, or simply attending a class and following along with the instructor. The free Intelligent Cycling app is found in your app store; simply download and create an account. (45 min)
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (45 min)
<b>Pedaling For Parkinsons</b>	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour+)
<b>Pilates</b>	A series of non-impact exercises to develop strength, flexibility, and balance. This class will be emphasizing all muscle groups that contribute to core stability. (45 min)
<b>Shapes</b>	An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. LES MILLS SHAPES™ uses small, controlled movements to sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.
<b>Spin</b>	This is a group exercise class using our stationary spin cycles. This class is geared towards an intermediate rider who wants a great cardio and leg workout. (45 min)
<b>Total Body</b>	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
<b>ULTIMATE FIT</b>	High intensity functional and non-conventional training class. Uses unique exercises and techniques to take your endurance and strength to the next level. This class will also give participants a basic knowledge of weight lifting, powerlifting, and Olympic lifting. (1 hr)
<b>Ultimate Teen Fit</b>	This class is for teens ages 12-18. It is a functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility. (45 min)
<b>Yoga</b>	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
<b>ZUMBA®</b>	Get a cardio workout while dancing to the rhythms and movements of Latin music. (1 hr)