


MORE MOVEMENT

MORE MOMENTUM

PILOT FAMILY YMCA

GROUP FIT SCHEDULE

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT^ Heather	5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT^ Heather	7:15am-8:15am PILATES CORE & STRENGTH Michelle
6:00am-6:45am MOWL SPIN* Leland	6:00am-6:45am YOGA Sarah	6:00am-6:45am SPIN* Sarah	6:00am-7:00am YOGA Sarah	6:00am-6:45am MOWL SPIN* Leland / Gina	8:30am-9:30am YOGA Alternating Instructor
7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Veronica	7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Deb	7:00am-7:45am CHAIR YOGA Susan	9:45am-10:45am BODYPUMP or BODYPUMP HEAVY See YMCA360 App
8:30am-9:15am MOBILITY & STRETCH Deb	9:35am-10:30am DANCE FITNESS Denise	8:30am-9:15am MOBILITY & STRETCH Deb	9:00am-10:00am WALKING GROUP Pavilion - Lower Lot	8:00am-8:45am TOTAL BODY STRENGTH^ Kimmie	11:00am-12:00pm DANCE FITNESS Nora
8:30am-9:15am SPIN* Vicki	9:30am-10:30am SPIN* Chris	8:30am-9:15am SPIN* Frannie	9:30am-11:00am SPIN* Vicki	8:30am-9:30am INDOOR WATER FIT Christine	SUNDAY
8:30am-9:30am INDOOR WATER FIT Christine	10:00am-10:45am WATER FIT Hope	8:30am-9:30am INDOOR WATER FIT Christine	9:35am-10:35am DANCE FITNESS Deb	8:30am-9:30am BARRE Denise	1:30pm-2:30pm DANCE FITNESS Chico / Nora
9:00am-9:45am ULTIMATE FIT^ Veronica	10:45am-11:30am KICK START TOTAL FIT Denise	9:00am-9:45am ULTIMATE FIT^ Heather	10:00am-10:45am WATER FIT Hope	9:00am-9:45am CYCLE FUSION* Kerri	2:45pm-3:45pm YOGA Hanna
9:30am-10:30am YOGA BOOT CAMP Frannie	11:45am-12:45pm POWER YOGA Kimberly	9:30am-10:30am PILATES Frannie	10:45am-11:30am KICK START MOBILITY Denise	9:15am-10:15am BODY COMBAT^ Leslie	
10:45am-11:30am KICK START STRENGTH Kimmie	1:00pm-1:45pm CHAIR YOGA Debbie P.	10:45am-11:30am KICK START CARDIO Vickey B	11:45am-12:30pm YOGA Hanna	9:45am-10:30am POWER YOGA 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 BODYPUMP HEAVY Michelle	5:05pm-5:50pm YOGA FUSION Veronica	11:45am-12:45pm BODYPUMP HEAVY Michelle	1:00pm-1:45pm CHAIR YOGA Hanna	10:45am-11:30am KICK START BODY & CORE Michelle	
1:00pm-1:45pm LINE DANCING Christine	6:00pm-7:00pm ZUMBA / DANCE Sovanne / Nicole	1:00pm-1:45pm CHAIR PILATES Debbie P.	5:00pm-5:45pm YIN YOGA Andrea	11:45am-12:45pm PILATES CORE & STRENGTH Michelle	
5:00pm-5:45pm YOGA FUSION Neeley	6:00pm-6:45pm WATER FIT Mary Grace	4:45pm-5:45pm DANCE FITNESS Deb	5:30pm-6:15pm ULTIMATE FIT^ Michelle	6:00pm-6:45pm WATER FIT Alexis	
5:30pm-6:15pm ULTIMATE FIT^ Michelle	6:00pm-7:00pm BODYPUMP HEAVY Vicki	6:00pm-7:00pm BODYPUMP HEAVY Vicki	6:00pm-7:00pm BODY COMBAT Leslie	6:30pm-7:30pm ZUMBA Sovanne	
6:00pm-7:00pm BODYPUMP Vicki		6:00pm-6:45pm WATER FIT Alexis	6:00pm-6:45pm WATER FIT Alexis		

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