



No Place Like *This Place*™

TENNOVA FAMILY YMCA

JULY 2026



Monday

- 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 July 13th ONLY –Women’s Self Defense –**
***Bring your teenage daughter/granddaughter - 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

Tuesday

- 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 – Summer Ultimate Teen Fit – Julie S. - MPR**
- 10:00a – Aqua Aerobics – Jane
- 10:15a – Fit 4 Life – Lo - Gym
- 10:45a – Core – Mary Nelle – A
- 11:00a – Aqua Arthritis – Jane
- 5:30p – Yoga – AnneMarie – B
- 6:00p – HIIT – Angela – A
- 6:00p – Ultimate Fit– Paul – MPR



Wednesday

- 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
- 11:00a – Aqua Aerobics – Jane
- 11:15a – Balance 4 Life – Janet – A
- 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 Heavy – CC – A
New Release Heavy 4 – July 1st – CC, Paige

Thursday

- 5:15a – Total Body – Julie S. – A
- 8:30a –BodyCombat – Lo - A
New Release BC 107 – July 2nd – Lo, Leslie A., Paige
- 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

- 5:30a – MOWL Spin 🦉 - Danielle – C
- 8:30a – Yoga– Mary Nelle – B
- 8:30a – BODYPUMP – Rhonda – A
8:30a – Pop-up July 3rd ONLY – Step/Strength – Erin- 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

Saturday

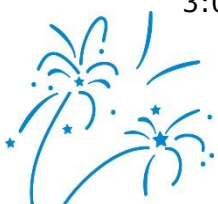
- 8:00a – BODYPUMP – Mark – A
New Release BP 137 – July 11th – Mark, Lo, Paige
- 8:30a – Ultimate Fit – Paul – MPR
- 9:15a – ZUMBA® - Katie - A
- 10:15a – Aqua Aerobics – Tanya

Sunday


- 3:00p – Yoga – Erin 5/Robert 12,19,26 - A
(90 mins)

***CLOSED – JULY 4th – Independence Day**

***Download the YMCA360 app for announcements and class schedule/changes**
****BOLD CLASSES MEANS NEW CLASS, NEW TIME, NEW INSTRUCTOR, OR NEW LOCATION**



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

Aqua Aerobics	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min)
Aqua Arthritis	Water based exercises targeted to increase physical activity among people with arthritis. (45 min)
Balance 4 Life	Includes balance and stability, chair yoga, stretching, strength and can be done in a chair with the option to sit or stand as able. Senior Friendly (45 min)
Barre	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)
BodyCombat	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)
BodyPump	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)
BodyPump Heavy	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)
Bosu Strength	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands. (45 min)
Cardio Blast	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises. (45 min)
Core	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)
Fit 4 Life	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 Senior friendly . (45 min)
HIIT	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises. (45 min)
I Can Teen Fit	A class designated for intellectual and/or developmental disabilities for ages 12-18, with exercises and programming targeted to their ability levels. (30 min)
MOWL® Spin 	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)
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (45 min)
Pedaling For Parkinsons	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour+)
Pilates	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)
Shapes	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.
Spin	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)
Total Body	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
ULTIMATE FIT	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)
Ultimate Teen Fit	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)
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
ZUMBA®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (1 hr)