

LEAVES ARE FALLING BUT WE'RE RISING!

PILOT FAMILY YMCA

GROUP FIT SCHEDULE OCTOBER 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-7:30am CHAIR YOGA Katie	8:30am-9:30am BODYPUMP Veronica	7:00am-7:30am CHAIR YOGA Katie	8:30am-9:30am BODYPUMP Deb	7:00am-7:45am CHAIR YOGA YMCA360 Virtual Instructor	9:45am-10:45am BODYPUMP or BODYPUMP HEAVY See YMCA360 App
8:30am-9:15am MOBILITY/STRETCH Deb	9:35am-10:35am 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 MOWL SPIN* Leland	9:00am-9:45am OUTDOOR H2O FIT Kim	8:30am-9:30am INDOOR WATER FIT Christine	SUNDAY 1:30pm-2:30pm DANCE FITNESS Chico / Nora 2:45pm-3:45pm YOGA Hanna
8:30am-9:30am INDOOR WATER FIT Christine	9:00am-9:45am OUTDOOR H2O FIT Kim	8:30am-9:30am INDOOR WATER FIT Christine	9:30am-11:00am SPIN* Vicki	8:30am-9:30am BARRE Denise	
9:00am-9:45am ULTIMATE FIT^ Kimmie	10:45am-11:30am KICK START TOTAL FIT Michelle	9:00am-9:45am ULTIMATE FIT^ Heather	9:35am-10:35am DANCE FITNESS Deb	9:00am-9:45am OUTDOOR H2O FIT Kim	
9:30am-10:30am PILATES Frannie	11:45am-12:45pm POWER YOGA Kimberly	9:30am-10:30am PILATES CORE & STRENGTH Michelle	10:45am-11:30am KICK START MOBILITY Vickey B - Oct 15 Paul - Oct 22 & 29	9:00am-9:45am CYCLE FUSION* Kerri	
10:45am-11:30am KICKSTARTSTRONG Kimmie	1:00pm-1:45pm CHAIR YOGA Debbie P.	10:45am-11:30am KICK START CARDIO Vickey B	11:45am-12:30pm YOGA Hanna	9:15am-10:15am BODY COMBAT^ Leslie	
11:45am-12:45pm BODYPUMP HEAVY Michelle		11:45am-12:45pm BODYPUMP HEAVY Michelle	1:00pm-1:45pm CHAIR YOGA Hanna	9:45am-10:30am POWER YOGA Annabel	
1:00pm-1:45pm LINE DANCING Christine		1:00pm-1:45pm CHAIR PILATES Debbie P.	5:00pm-5:45pm YIN YOGA Andrea	10:45am-11:30am KICK START BODY & CORE Michelle	
5:00pm-5:45pm YOGA Neeley	5:00pm-5:45pm GENTLE YOGA Andrea	4:45pm-5:45pm DANCE FITNESS Deb	5:30pm-6:30pm ULTIMATE FIT^ Michelle	11:45am-12:45pm PILATES CORE & STRENGTH Michelle	
5:30pm-6:30pm ULTIMATE FIT^ Michelle	6:00pm-7:00pm ZUMBA / DANCE Sovanne / Nicole	6:00pm-7:00pm BODYPUMP HEAVY Vicki		6:30pm-7:30pm ZUMBA Sovanne	
6:00pm-7:00pm BODYPUMP Vicki	6:00pm-7:00pm INDOOR WATER FIT Kristi				
7:15pm-8:00pm YIN YOGA Andrea					

Group Ex Classes are open to YMCA Members 14 and older!

* Indicates pre-registration required in YMCA360 | ^ Indicates class held in the Gymnasium | # Indicates Outdoor Pool House Area

PILOT FAMILY YMCA **GROUP FIT DESCRIPTIONS**

LOW INTENSITY

WALKING GROUP

Category: Cardio & Strength

Meet for a group fitness walk along the Greenway! Stay moving, stay social, stay healthy!

MOBILITY & STRENGTH

Category: Cardio & Strength

This class will help your range of motion, balance and flexibility.

CHAIR YOGA

Category: Yoga

Chair Yoga will cover the very basic yoga poses while increasing your balance, flexibility and overall strength from a chair instead of the floor. Great for beginners, active older adults, and those with decreased flexibility.

YIN YOGA

Category: Yoga

Yin Yoga is a slow and gentle paced style of yoga. It is a relaxed passive practice that focuses on holding poses, breath work, and developing mindfulness.

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YOGA

Category: Yoga

Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.

MID INTENSITY

LINE DANCING

Category: Dance

An instructor-led class that teaches both new and old line dances.

KICK START

Category: Cardio & Strength

Kick Start your day with a welcoming, functional fitness class designed to help you build strength, improve balance, increase mobility, and boost cardiovascular health. Each day features a different focus, with exercises that can be modified for all abilities!

WATER AEROBICS

Category: Pool Fitness

Low-impact, full body workout that improves flexibility, range of motion, strength, muscle tone, and cardiovascular endurance. Exercises are performed in shallow and or deep water depending on the instructor. Movements are motivated by music and easy to follow.

MID TO HIGH INTENSITY

BARRE // Category: Cardio & Strength

A class that utilizes weighted bars, elastic tubing, and gliding discs. It will work all major muscle groups.

DANCE FITNESS & ZUMBA // Category: Dance

A dance-based cardio class using easy-to-follow choreography and a variety of upbeat music. Perfect for all fitness levels.

PILATES // Category: Core

Pilates is a mat class that strengthens the core and improves strength and flexibility. This core training class is appropriate for all levels.

HIGH INTENSITY

BODYCOMBAT

Category: Cardio & Strength

A high energy martial arts inspired workout that is totally non-contact. Push and kick your way to fitness and burn some calories! No experience needed.

BODYPUMP

Category: Cardio & Strength

BODYPUMP is a barbell-based strength and cardio class that gives you the moves to burn fat, sculpt, tone and strengthen your entire body. Each track focuses on a different muscle group for a full-body, high-energy workout.

BODYPUMP HEAVY

Category: Cardio & Strength

BP Heavy combines strength training with music, featuring choreographed routines of squats, presses, lifts, and curls, and is designed for all fitness levels by allowing participants to adjust the amount of weight they lift. Unlike traditional BODYPUMP, BODYPUMP Heavy focuses on higher weight and lower reps for significant muscle growth and technique improvement.

CYCLE FUSION

Category: Spin

The first part of class will consist of indoor cycling. The last 15-30 minutes will be a combination of strength and stretch exercises off the bike.

MOWL® SPIN

Category: 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.

SPIN

Category: Spin

An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity.

PILATES CORE & STRENGTH

Category: Core

Get ready to power up your core with this high-energy Pilates class! Designed for all fitness levels, this workout combines the precision and strength of traditional Pilates with functional core training to enhance your stability and mobility.

TOTAL BODY STRENGTH

Category: Cardio & Strength

Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants.

ULTIMATE FIT

Category: Cardio & Strength

A boot camp-style workout that combines strength, cardio, and functional training to build endurance, power, balance, and overall fitness. Every workout is different, keeping classes fresh, challenging, and engaging. With scalable exercises and instructor guidance, participants of all fitness levels can work at their own pace while pushing toward their personal goals in a fun, supportive environment.

VINYASA POWER YOGA

Category: Yoga

Where yoga meets boot camp. Movements and poses designed specifically to strengthen all of your muscles.

Intensity levels are general guidelines and may vary based on your individual fitness level, experience, and how you choose to participate.

Please listen to your body and exercise at a pace that is comfortable for you.