

No Place Like *This Place*™

TENNOVA FAMILY YMCA

NOVEMBER 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 November 9th ONLY – Women's Self Defense– Julie R. - B
11:30a – Aqua Aerobics – Leslie
4:30p – I Can Teen Fit – Julie S. - A
5:00p – Ultimate Teen Fit – Julie S. – MPR
5:30p – MOWL Spin – Kristin - 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 – 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 – Doug
9:30a – Bosu Strength – Mary Nelle – A
10:00a – Aqua Arthritis – Leslie
10:15a – Fit 4 Life – Lo 4, 18/Sierra 11,25 – Gym
11:00a – Aqua Aerobics – Leslie
11:15a – Balance 4 Life – Jaclyn – A
5:45p – Spin – Ken – C
6:00p – Ultimate Fit – Julie S. – MPR
6:00p – Aqua Aerobics – Lisandra
6:00p – BODYPUMP Heavy – CC – A
7:10p - ZUMBA® – Katina – A

Thursday

5:15a – Total Body – Julie S. – A
8:30a –BodyCombat – Lo - A
9:45a – ZUMBA® – Leslie – A
10:00a – Yoga – AnneMarie – B
10:00a – Aqua Aerobics – Krystal
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 ***Turkey Burner**
9:00a – Aqua Aerobics – Jane
9:15a – Spin – Jess – C ***Turkey Burner w/Kristin**
9:45a – Barre – Mary Nelle – A ***Turkey Burner**
10:00a – Aqua Arthritis – Jane ***Turkey Burner**
10:15a – Fit 4 Life – Jess – Gym
11:00a – Aqua Aerobics – Jane ***Turkey Burner**

Saturday

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–Andrea 1,22/Erin 8/McKenzie 15/Robert 29-A
(90 mins)

***Download the YMCA360 app for announcements and class schedule/changes**

****BOLD CLASSES MEANS NEW CLASS, NEW TIME, NEW INSTRUCTOR, OR NEW LOCATION**
***Senior Health Fair -Thursday, November 5th 10am-1pm**
***CLOSING @6pm Wednesday, November 25th No Evening classes/childwatch**
CLOSED Thursday, November 26th -THANKSGIVING
REGULAR HOURS Friday, November 27th *Turkey Burner Classes Only

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)
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)