COOLER DAYS HOTTER WORKOUTS!

PILOT FAMILY YMCA

GROUP FIT SCHEDULE

NOVEMBER 2026

MONDAY

5:30am-6:15am
ULTIMATE FIT#
Gina

6:00am-6:45am
MOWL SPIN*
Leland

7:00am-7:30am
CHAIR YOGA
Katie

8:30am-9:15am
MOBILITY/STRETCH
Deb

8:30am-9:15am
SPIN*
Vicki

8:30am-9:30am
INDOOR WATER FIT
Christine

9:00am-9:45am
ULTIMATE FIT^
Kimmie

9:30am-10:30am
PILATES
Frannie

10:45am-11:30am
KICKSTARTSTRONG
Kimmie

11:45am-12:45pm
BODYPUMP HEAVY
Michelle

1:00pm-1:45pm
LINE DANCING
Christine

5:00pm-5:45pm
YOGA
Neeley

5:30pm-6:30pm
ULTIMATE FIT^
Michelle

6:00pm-7:00pm
BODYPUMP
Vicki

TUESDAY

5:30am-6:15am
ULTIMATE FIT#
Gina

6:00am-6:45am
YOGA
Sarah

8:30am-9:30am
BODYPUMP
Veronica

9:35am-10:35am
DANCE FITNESS
Denise

9:30am-10:30am
SPIN*
Chris

9:00am-9:45am
INDOOR WATER FIT
Kim

10:45am-11:30am
KICK START TOTAL FIT
Michelle

11:45am-12:45pm
POWER YOGA
Kimberly

1:00pm-1:45pm
CHAIR YOGA
Debbie P.

5:00pm-5:45pm
GENTLE YOGA
Andrea

6:00pm-7:00pm
ZUMBA / DANCE
Sovanne / Nicole

6:00pm-7:00pm
INDOOR WATER FIT
Kristi

WEDNESDAY

5:30am-6:15am
ULTIMATE FIT^
Heather

6:00am-6:45am
SPIN*
Sarah

7:00am-7:30am
CHAIR YOGA
Katie

8:30am-9:15am
MOBILITY/STRETCH
Deb

8:30am-9:15am
MOWL SPIN*
Leland

8:30am-9:30am
INDOOR WATER FIT
Christine

9:00am-9:45am
ULTIMATE FIT^
Heather

9:30am-10:30am
PILATES CORE & STRENGTH
Michelle

10:45am-11:30am
KICK START CARDIO
Vickey B

11:45am-12:45pm
BODYPUMP HEAVY
Michelle

1:00pm-1:45pm
CHAIR PILATES
Debbie P.

4:45pm-5:45pm
DANCE FITNESS
Deb

6:00pm-7:00pm
BODYPUMP HEAVY
Vicki

THURSDAY

5:30am-6:15am
ULTIMATE FIT#
Gina

6:00am-7:00am
YOGA
Sarah

8:30am-9:30am
BODYPUMP
Deb

9:00am-10:00am
WALKING GROUP
Pavilion - Lower Lot

9:00am-9:45am
INDOOR WATER FIT
Kim

9:30am-11:00am
SPIN*
Vicki

9:35am-10:35am
DANCE FITNESS
Deb

10:45am-11:30am
KICK START MOBILITY
Vickey B

1:00pm-1:45pm
CHAIR YOGA
Debbie P.

5:00pm-5:45pm
YIN YOGA
Andrea

5:30pm-6:30pm
ULTIMATE FIT^
Michelle

FRIDAY

5:30am-6:15am
ULTIMATE FIT^
Heather

6:00am-6:45am
MOWL SPIN*
Leland / Gina

7:00am-7:45am
CHAIR YOGA
YMCA360 Virtual Instructor

8:00am-8:45am
TOTAL BODY STRENGTH^
Kimmie

8:30am-9:30am
INDOOR WATER FIT
Christine

8:30am-9:30am
BARRE
Denise

9:00am-9:45am
CYCLE FUSION*
Kerri

9:15am-10:15am
BODY COMBAT^
Leslie

9:45am-10:30am
POWER YOGA
Annabel / Andrea

10:45am-11:30am
KICK START BODY & CORE
Michelle

11:45am-12:45pm
PILATES CORE & STRENGTH
Michelle

6:30pm-7:30pm
ZUMBA
Sovanne

SATURDAY

8:30am-9:30am
BODYPUMP or BODYPUMP HEAVY
See YMCA360 App

9:45am-10:45am
PILATES CORE & STRENGTH
Michelle

11:00am-12:00pm
DANCE FITNESS
Nora

SUNDAY

1:30pm-2:30pm
DANCE FITNESS
Chico / Nora

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 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 INTESITY

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.