

# YOUR FITNESS RESET STARTS NOW!

## PILOT FAMILY YMCA

### GROUP FIT SCHEDULE SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am <b>ULTIMATE FIT*</b> Gina	5:30am-6:15am <b>ULTIMATE FIT*</b> Gina	5:30am-6:15am <b>ULTIMATE FIT*</b> Heather	5:30am-6:15am <b>ULTIMATE FIT*</b> Gina	5:30am-6:15am <b>ULTIMATE FIT*</b> Heather	7:15am-8:15am <b>PILATES CORE &amp; STRENGTH</b> Michelle
6:00am-6:45am <b>SPIN</b> Leland	6:00am-6:45am <b>YOGA</b> Sarah	6:00am-6:45am <b>SPIN*</b> Sarah	6:00am-7:00am <b>YOGA</b> Sarah	6:00am-6:45am <b>SPIN*</b> Leland/Gina	8:30am-9:30am <b>YOGA</b> Alternating Instructor
7:00am-7:45am <b>CHAIR YOGA</b> Susan	8:30am-9:30am <b>BODYPUMP</b> Veronica	7:00am-7:45am <b>CHAIR YOGA</b> Susan	8:30am-9:30am <b>BODYPUMP</b> Deb	7:00am-7:45am <b>CHAIR YOGA</b> Susan	9:45am-10:45am <b>BODYPUMP</b> Alternating Instructor
8:30am-9:15am <b>MOBILITY &amp; STRETCH</b> Deb	9:35am-10:30am <b>DANCE FITNESS</b> Denise	8:30am-9:15am <b>MOBILITY &amp; STRETCH</b> Deb	9:00am-10:00am <b>WALKING GROUP</b> Pavilion - Lower Lot	8:00am-8:45am <b>TOTAL BODY STRENGTH*</b> Kimmie	11:00am-12:00pm <b>DANCE FITNESS</b> Nora
8:30am-9:15am <b>SPIN*</b> Vicki	9:30am-10:30am <b>SPIN*</b> Chris	8:30am-9:15am <b>SPIN*</b> Frannie	9:30am-11:00am <b>SPIN*</b> Frannie	8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	<b>SUNDAY</b> 1:30pm-2:30pm <b>DANCE FITNESS</b> Chico/Nora 2:45pm-3:45pm <b>YOGA</b> Hanna
8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	10:45am-11:30am <b>KICK START FIT</b> Denise	8:30am-9:30am <b>INDOOR WATER FIT</b> Christine	9:35am-10:35am <b>DANCE FITNESS</b> Deb	8:30am-9:30am <b>BARRE</b> Denise	
9:30am-10:30am <b>OUTDOOR H2O FIT</b> Julia	11:45am-12:45pm <b>POWER YOGA</b> Kimberly	9:00am-9:45am <b>ULTIMATE FIT*</b> Heather	10:45am-11:30am <b>KICK START FIT</b> Deb	9:00am-9:45am <b>CYCLE FUSION*</b> Kerri	
9:00am-9:45am <b>ULTIMATE FIT*</b> Veronica	1:00pm-1:45pm <b>CHAIR YOGA</b> Debbie P.	9:30am-10:30am <b>PILATES</b> Frannie	11:45am-12:30pm <b>YOGA</b> Hanna	9:15am-10:15am <b>BODY COMBAT*</b> Leslie	<b>SMALL GROUP TRAINING REGISTER TODAY!</b>  <b>MICHELLE'S CLASSES</b> <u>All Levels - Tuesdays</u> 1:15pm - 2:00pm <u>All Levels - Thursdays</u> 12:30pm - 1:15pm  <b>STARR'S CLASSES</b> <u>All Levels - Mon AND Wed</u> 12:00pm - 12:45pm  <b>NEW - strongerHER - Tues</b> (Women and Weights) 11:00am - 11:45am  <b>VERONICA'S CLASSES</b> <u>Beginner Weights &amp; Strength Training - Tues</u> 6:00pm - 6:45pm  <b>NEW - strongerHER - Thur</b> (Women and Weights) 10:00am - 10:45am
9:30am-10:30am <b>YOGA BOOT CAMP</b> Frannie	5:05pm-5:50pm <b>BODY BALANCE</b> Veronica	10:45am-11:30am <b>KICK START FIT</b> Vickey B	1:00pm-1:45pm <b>CHAIR YOGA</b> Hanna	9:45am-10:30am <b>POWER YOGA</b> Annabel	
10:45am-11:30am <b>KICK START FIT</b> Kimmie	6:00pm-7:00pm <b>ZUMBA</b> Sovanne/Nicole	1:00pm-1:45pm <b>CHAIR YOGA</b> Debbie P.	5:00pm-5:45pm <b>YIN YOGA</b> Andrea	10:45am-11:30am <b>KICK START FIT</b> Michelle	
1:00pm-1:45pm <b>LINE DANCING</b> Christine	6:00pm-6:45pm <b>OUTDOOR H2O FIT</b> Mary Grace	4:45pm-5:45pm <b>DANCE FITNESS</b> Deb	5:30pm-6:15pm <b>ULTIMATE FIT*</b> Michelle	11:15am-12:00pm <b>OUTDOOR H2O FIT</b> Linda	
5:00pm-5:45pm <b>BODY BALANCE</b> Neeley		6:00pm-7:00pm <b>BODYPUMP</b> Vicki	6:00pm-7:00pm <b>BODY COMBAT</b> Leslie	11:45am-12:30pm <b>PILATES CORE &amp; STRENGTH</b> Michelle	
5:30pm-6:15pm <b>ULTIMATE FIT*</b> Michelle			6:00pm-6:45pm <b>OUTDOOR H2O FIT</b>	6:00pm-6:45pm <b>OUTDOOR H2O FIT</b>	
6:00pm-7:00pm <b>BODYPUMP</b> Vicki				6:30pm-7:30pm <b>ZUMBA</b> Sovanne	

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

\* Indicates pre-registration required at the Front Desk

^ Indicates class held in the Gym | # Indicates Outdoor Pool House Area