

STRONG BODY GRATEFUL HEARTS PILOT FAMILY YMCA

GROUP FIT SCHEDULE NOVEMBER 2025

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 SPIN Leland	6:00am-6:45am YOGA Alternating Instructor	6:00am-6:45am SPIN* Sarah	6:00am-7:00am YOGA Sarah	6:00am-6:45am SPIN* Leland / Gina	8:30am-9:30am YOGA Alternating Instructor
7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Veronica	7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Deb	7:00am-7:45am CHAIR YOGA Susan	9:45am-10:45am BODYPUMP Alternating Instructor
8:30am-9:15am MOBILITY & STRETCH Deb	9:35am-10:30am 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 SPIN* Frannie	9:30am-11:00am SPIN* Frannie	8:30am-9:30am INDOOR WATER FIT Christine	
8:30am-9:30am INDOOR WATER FIT Christine	10:45am-11:30am KICK START FIT Denise	8:30am-9:30am INDOOR WATER FIT Christine	9:35am-10:35am DANCE FITNESS Deb	8:30am-9:30am BARRE Denise	
9:00am-9:45am ULTIMATE FIT^ Veronica	11:45am-12:45pm POWER YOGA Kimberly	9:00am-9:45am ULTIMATE FIT^ Heather	10:45am-11:30am KICK START FIT Deb	9:00am-9:45am CYCLE FUSION* Kerri	1:30pm-2:30pm DANCE FITNESS Chico / Nora
9:30am-10:30am YOGA BOOT CAMP Frannie	1:00pm-1:45pm CHAIR YOGA Debbie P.	9:30am-10:30am PILATES Frannie	11:45am-12:30pm YOGA Hanna	9:15am-10:15am BODY COMBAT^ Leslie	2:45pm-3:45pm YOGA Hanna
10:45am-11:30am KICK START FIT Kimmie	5:05pm-5:50pm BODY BALANCE Veronica	10:45am-11:30am KICK START FIT Vickey B	1:00pm-1:45pm CHAIR YOGA Hanna	9:45am-10:30am POWER YOGA Annabel	
1:00pm-1:45pm LINE DANCING Christine	6:00pm-7:00pm ZUMBA Sovanne / Nicole	1:00pm-1:45pm CHAIR PILATES Debbie P.	5:00pm-5:45pm YIN YOGA Andrea	10:45am-11:30am KICK START FIT Michelle	
5:00pm-5:45pm BODY BALANCE Neeley	6:00pm-6:45pm INDOOR WATER FIT Mary Grace	4:45pm-5:45pm DANCE FITNESS Deb	5:30pm-6:15pm ULTIMATE FIT^ Michelle	11:45am-12:30pm PILATES CORE & STRENGTH Michelle	
5:30pm-6:15pm ULTIMATE FIT^ Michelle		6:00pm-7:00pm BODYPUMP Vicki	6:00pm-7:00pm BODY COMBAT Leslie	6:00pm-6:45pm INDOOR WATER FIT Alexis	
6:00pm-7:00pm BODYPUMP Vicki			6:00pm-6:45pm INDOOR WATER FIT Alexis	6:30pm-7:30pm ZUMBA 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

SUNDAY

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

2:45pm-3:45pm
YOGA
Hanna

SMALL GROUP TRAINING REGISTER TODAY!

MICHELLE'S CLASSES

All Levels - Tuesdays
1:15pm - 2:00pm

STARR'S CLASSES

All Levels - Mon AND Wed
12:00pm - 12:45pm

strongerHER - Tues
(Women and Weights)
11:00am - 11:45am

VERONICA'S CLASSES

Beginner Weights & Strength Training - Tues
6:00pm - 6:45pm

strongerHER - Thur
(Women and Weights)
10:00am - 10:45am