

GROUP FITNESS CLASS SCHEDULE

SUNDAY

No Classes

MONDAY

Interval Training

7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness

11:00am-11:45am
In-person at the Y
Pool | Bruce

TUESDAY

Rise & Shine Yoga

9:00am-10:00am
In-person at the Y
Small Gym | Anu

Gentle Movements Yoga

10:15am-11:15am
In-person at the Y
Small Gym | Anu

WEDNESDAY

Boot Camp

7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness

11:00am-11:45am
In-person at the Y
Pool | Bruce

THURSDAY

Interval Training

7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness

11:00am-11:45am
In-person at the Y
Pool | Bruce

Mindfulness Based Stress Reduction

12:30pm-1:30pm
In-person at the Y
Wellness Studio 1 | Bruce

Chair Yoga

4:00pm-4:45pm
In-person at the Y
Multi-Purpose Room | Anu

Intro to Vinyasa Yoga

5:30pm-6:30pm
In-person at the Y
Small Gym | Anu

FRIDAY

Senior Strength

10:00am-11:00am
In-person at the Y
Large Gym | Bruce

Balance & Flexibility

11:00am-12:00pm
In-person at the Y
Large Gym | Bruce

SATURDAY

Bootcamp

8:15am-9:00am
In-person at the Y
Large Gym | Bruce
2nd and 4th Saturday

Power Vinyasa Yoga

9:00am-9:45am
In-person at the Y
Small Gym | Anu

Bootcamp Light

9:15am-10:00am
In-person at the Y
Large Gym | Bruce
2nd and 4th Saturday

Yin Restorative Yoga

10:00am-10:45am
In-person at the Y
Small Gym | Anu

Mindfulness Based Stress Reduction

11:00am-12:00pm
In-person at the Y
Wellness Studio 1 | Bruce
2nd and 4th Saturday

**RESERVATIONS
REQUIRED AND CAN
BE MADE IN YOUR
YMCA360 ACCOUNT.
3 consecutive no-
shows result in member
reservation privileges
being suspended.**

