

Group Fitness Class Schedule | Summer 2: July 21 – August 16

Sunday
No Classes

Monday

Interval Training
Reservation Required
7:00 AM – 7:45 AM
Large Gym | Bruce

Water Fitness
Monday & Wednesday
Reservation Required
11:00 AM – 11:45 AM
Pool | Bruce

Water Fitness
Reservation Required
3:00 PM – 3:45 PM
Pool | Ila

Tuesday

Rise & Shine Yoga
Reservation Required
9:00 AM – 10:00 AM
Large Gym | Anu

Gentle Movements Yoga
Reservation Required
10:15 AM – 11:15 AM
Large Gym | Anu

Water Fitness
Tuesday & Wednesday
Reservation Required
11:00 AM – 11:45 AM
Pool | Ila

Wednesday

Boot Camp
Reservation Required
7:00 AM – 7:45 AM
Large Gym | Bruce

Water Fitness
Monday & Wednesday
11:00 AM – 11:45 AM
Pool | Bruce

Thursday

Interval Training
Reservation Required
7:00 AM – 7:45 AM
Large Gym | Bruce

Water Fitness
Tuesday & Thursday
11:00 AM – 11:45 AM
Pool | Bruce

Chair Yoga
Reservation Required
4:00 PM – 4:45 PM
Multi-Purpose Room | Anu

Intro to Vinyasa Yoga
Reservation Required
5:30 PM – 6:30 PM
Small Gym | Anu

Water Fitness
Reservation Required
6:15 PM – 7:00 PM
Pool | Ila

Friday

Senior Strength
Reservation Required
10:00 AM – 11:00 AM
Large Gym | Bruce

Balance & Flexibility
Reservation Required
11:00 AM – 12:00 PM
Large Gym | Bruce

Saturday

Boot Camp
(Select Saturdays)
Reservation Required
8:15 AM – 9:00 AM
Large Gym | Bruce

Power Vinyasa Yoga
Reservation Required
9:00 AM – 9:45 AM
Small Gym | Anu

Boot Camp Light (Select Saturdays) Reservation Required
9:15 AM – 10:00 AM
Large Gym | Bruce

Yin Restorative Yoga
Reservation Required
10:00 AM – 10:45 AM
Small Gym | Anu

**Make reservations
on the YMCA 360
app!**

**3 consecutive no-shows will
result in suspension of
reservation privileges**

