


# FITNESS MADE FUN

## 2026 Summer Group Exercise Schedule

**ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP**

**Session Dates: JUNE 29th–AUGUST 23rd (8 Week Schedule) NO CLASSES 6/22–6/26**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45–6:30am Boot Camp Riggins/Davis – Bert	5:45–6:30am Spin Rotary – Bert	5:45–6:30am Boot Camp Riggins/Davis – Bert	5:45–6:30am Spin Rotary – Bert	8:15–9:00am Chair Fit For Life Riggins – Joe
9:15–10:00am Chair Cardio Drumming Davis – Judy	8:15–9:00am Chair Yoga Riggins – Cheri	8:15–9:00am Chair Fit For Life Riggins – Joe	8:15–9:00am Chair Fit For Life Riggins – Judy	9:15–10:00am FUNCTIONal Fridays Riggins – Rebecca
9:15–10:00am Sculpt & Tone Riggins – Kathy	9:15–10:00am Body Blitz Riggins – Pam	9:15–10:00am Sculpt & Tone Riggins – Kathy	9:15–10:00am Body Blitz Riggins – Pam	9:15–10:00am Spin Rotary – Kathy
10:15–11:00am Cardio Drumming Riggins – Judy	9:15–10:00am Slow Flow Vinyasa Yoga Davis – Chris	10:15–11:00am Zumba™ Riggins – Megan	9:15–10:00am Barre Above Davis – Chris	10:15–11:00am Cardio Drumming Riggins – Kathy
10:15–11:00am Raise, Praise & Tone Davis – Kathy	9:15–10:00am Spin Rotary – Kathy	<b>AQUA</b> 10:15–11:00am Aqua Barre Kontes Pool – Chris	<b>AQUA</b> 9:15–10:00am Deep Water Exercise Kontes Pool – Amy	<b>YMCA 360</b> Download our FREE YMCA 360 App, only available to Members!  Never miss a workout, Y360 streams 1,000's of YMCA videos from across the Nation. You can also view our YMCA schedules, receive important updates like class cancellations, and so much more!
<b>AQUA</b> 10:15–11:00am Aqua Barre Kontes Pool – Chris	<b>AQUA</b> 9:15–10:00am Deep Water Exercise Kontes Pool – Wayne	<b>AQUA</b> 11:15–12:00pm Pool Volleyball Kontes Pool – Wayne	<b>AQUA</b> 10:15–11:00am Shallow Water Exercise Kontes Pool – Crystal	
6:00–7:00pm Strong Nation™ Riggins – Keishla	<b>AQUA</b> 10:15–11:00am Shallow Water Exercise Kontes Pool – Crystal	6:15–7:15pm Zumba Toning™ Davis – Carmen	10:15–11:00am Cardio Drumming Riggins – Valerie	
7:00–8:00pm Yin Fusion Yoga Davis – Candice	10:15–11:00am Pilates Riggins – Chris	7:15–8:15pm Body Blitz Riggins – Megan	10:15–11:00am Gentle Yoga Davis – Pam	
7:15–8:15pm Zumba™ Riggins – Megan	6:00–7:00pm Y Muscle Max Riggins – Orlando		6:00–7:00pm Zumba™ Riggins – Megan	
	6:00–7:00pm Slow Flow Vinyasa Yoga Davis – Lynne		6:00–7:00pm Kickboxing Davis – Orlando	

### Class Participation:

Class participation will be monitored quarterly. If classes have low participation, you will see a red circle added to the schedule next to the class name, weeks before the quarter ends. There is still time to get participation up, but we need your help to keep the class active and on the schedule. Help us promote the programs and bring a friend!



If you see red, there are less than 10 members in a class.

**Class is in DANGER of being cancelled**

### Member Benefit!

**FREE Child Watch While You Workout:**  
 Monday–Friday: 9:00am–11:00am and 5:45pm–8:30pm  
 Saturday: 8:00am–12:00pm  
 \*Open to ages 6 months–10 years old

## CHAIR TO LOW

Chair Fit For Life	Total-body workout is appropriate for all fitness levels and is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, and light weights.	Chair Yoga	Gentle form of yoga designed for those who have difficulty getting up and down off the floor. You will increase circulation, balance, flexibility, mobility and strength. Great for arthritis, osteoporosis, and those with limited mobility.
Chair Cardio Drumming	This chair class incorporates muscle conditioning, cardiovascular exercise, and interval training in a fun way! Drumsticks, fitness ball, high energy music, and specially choreographed routines will help burn all the calories!	Yin Fusion Yoga	Asana held passively for a length of time, followed by movements that allow for joints to move through their full range of motion, promoting overall well-being of the body and mind. Bring your own mat.

## MEDIUM

Gentle Yoga	This class is designed to stretch and relax your muscles. With gentle sequences, you will slow down the mental activity of the brain, shift emotional patterns, and bring ease to the breath. Yoga at your own pace! Bring your own mat.	Pilates	Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. This class can be modified for any age, body, or fitness level. Bring your own mat.
Slow Flow Vinyasa Yoga	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class. Bring your own mat.	Barre Above	Low-impact class combining movements of Pilates, yoga, and ballet. This fun class moves quickly, incorporates a variety of equipment, and is suitable for a wide range of levels. Benefits include improved strength, flexibility, posture and balance. Bring your own mat.
Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.	Raise, Praise & Tone	This music led exercise class will give you a total body workout, raise your heart & burn calories while using light weights to dance moves.

## HIGH

Sculpt & Tone	This full body workout class utilizes both hand weights and body weight with a series of exercises designed to build strength in your upper/lower body, core and help with stability. Bring your own mat.	FUNctional Fridays	This cardio & strength class utilizes a variety of resistance equipment & body weight exercises. Bring your own mat.
Kickboxing	Combination of kicking & punching techniques to build stamina, improve coordination and flexibility. Burn calories as you build muscles in this high-energy workout. Challenges and beginning and elite athlete. Bring your own mat and gloves.	Spin	Medium to high intensity class offers a challenging ride with fun energizing music. It's the perfect opportunity to get your heart pumping to build cardiovascular strength & endurance while burning some serious calories.
Boot Camp	This circuit station style class offers a perfect opportunity to increase your strength and all-around fitness in a boot camp style setting. Bring your own mat.	Body Blitz	Blast all your muscles with this full-body workout designed to condition, strengthen, and tone your entire body while boosting cardiovascular health. Accessible to all fitness levels. Bring your own mat.
Strong Nation™	A high intensity, full body workout that combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music to give you a challenging yet safe way to increase your fitness level. Bring your own mat.	Cardio Drumming	This class is designed for all fitness levels & gets your entire body moving by incorporating muscle conditioning, cardiovascular exercise, and interval training in a fun way. Join us as we use drumsticks, a fitness ball, high energy music, and specially choreographed routines that mix high & low intensity and burn calories!
Zumba™/ Zumba Tone™	This Latin-inspired dance class is an interval workout moving between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. This class will leave you feeling good and sweaty! Zumba Tone uses small weights.		

## WATER EXERCISE

Aqua Barre	Shallow water class that tones the body, strengthens muscles, improves balance and postural alignment. All the benefits of a Barre fitness class but in the pool!	Deep Water Class	Cardio and stretch workout with an exercise belt in the deep end; must be able to swim in water over your head.
Pool Volleyball	Volleyball game played in the shallow part of the pool.	Shallow Water Class	Cardio and stretch workout in shallow water .

- All Group Exercise classes will be on a first come basis. We recommend members arrive 15 minutes prior to class start time. A clipboard will be located outside the class door, Members sign in as they arrive. For the Pool, Please sign in for your class prior to changing & showering for the pool.
- To be fair, we ask that you do not sign in for another member that is not present.
- Once the designated number of spaces are full, based on room capacity, and equipment, the class will be closed for that day.
- Members can try another class, or come back the next day that the class is being held.
- Instructors will take sign in sheet off the clipboard 5 minutes before class starts and allow members in if there is space available.
- For class cancellations, members will need to visit our Facebook or YMCA360 app, and a sign will be posted at member services.
- Class may be cancelled due to low attendance.