



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS MADE FUN

2026 Summer Break Group Exercise Schedule

ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP
Session Dates: AUGUST 24th-SEPTEMBER 6th (2 Week Modified Schedule)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30am Jump Start Riggins - Bert	5:45-6:30am Spin 2.0 Returned Rotary - Bert	5:45-6:30am Jump Start Riggins - Bert	5:45-6:30am Spin 2.0 Returned Rotary - Bert	CHAIR GROUP PT PREVIEW 8:15-9:00am Chair Shoulder Mobility Riggins - Megan
GROUP PT PREVIEW 9:15-10:00am Hip Mobility Riggins - Rebecca	8:15-9:00am Chair Yoga Riggins - Cheri	8:15-9:00am Chair Fit for Life Riggins - Joe	CHAIR GROUP PT PREVIEW 8:15-9:00am Chair Balance for Life Riggins - Rebecca	GROUP PT PREVIEW 9:15-10:00am Thoracic Spine Mobility Riggins - Rebecca
9:15-10:00am Basic Step Training Davis - Kathy	GROUP PT PREVIEW 9:15-10:00am Thoracic Spine Mobility Riggins - Rebecca	GROUP PT PREVIEW 9:15-10:00am Hip Mobility Riggins - Megan	GROUP PT PREVIEW 9:15-10:00am Spine & Core Mobility Riggins - Megan	
10:15-11:00am Cardio Drumming Riggins - Kathy	GROUP PT AQUA TRAINING 9:15-10:00am Precision Aquatic Training Kontes Pool - Bert	10:15-10:00am Raise Praise & Tone Riggins - Kathy	AQUA 9:15-10:00am Deep Water Exercise Kontes Pool - Amy	
6:00-7:00pm Strong Nation™ Riggins - Keishla	9:15-10:00am Spin Rotary - Kathy	AQUA 10:15-11:00am Pool Volleyball Kontes Pool - Wayne	10:15-11:00am Cardio Drumming Riggins - Kathy	YMCA 360 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!
	10:15-11:00am CIRCL Mobility™ Riggins - Megan	6:15-7:15pm Zumba Toning™ Riggins - Carmen	GROUP PT AQUA TRAINING 10:15-11:00am Precision Aquatic Training Kontes Pool - Bert	
	AQUA 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal		GROUP PT PREVIEW 6:00-7:00pm Spine & Core Mobility Riggins - Megan	
	6:00-7:00pm Y Muscle Max Riggins - 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 GROUP PT PREVIEW Chair Balance For Life	This is a sample of one of our small group personal training clinics offered. You will learn to train your body to maintain control while moving through complex, real-life scenarios. You will learn that good balance is more than the ability to stand on one leg!	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 GROUP PT PREVIEW Chair Shoulder Mobility	This is a sample of one of our small group personal training clinics offered. Unlock your overhead reach, relieve tightness, and protect your joints. It's time to fix your foundation and optimize your joint health.	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.

MEDIUM

CIRCL Mobility™	This class combines flexibility, breath work, and mobility exercises to help you move easier and more effectively. Bring your own mat.	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.
GROUP PT PREVIEW Hip Mobility	This is a sneak peek at one of our premium small group personal training clinics offered. This training is designed to bring movement to every muscle that acts on the hip joint. Please bring your own mat.	GROUP PT PREVIEW Spine & Core Mobility	This is a sample of one of our small group personal training clinics offered designed to build a resilient spine, unlock deep core power, and move without stiffness. Please bring your own mat.
GROUP PT PREVIEW Thoracic Spine Mobility	This is a sneak peek at one of our premium small group personal training clinics offered. You will unlock overhead power, fix posture, relieve shoulder and neck tension, & breathe easier. A combination of non-loaded movement training, multi-planar, integrated weight training and core work. Please 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.

HIGH

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!	Jump Start	This high-energy, full body cardiovascular workout fuses traditional jump rope mechanics with modern fitness formats. Have fun and learn how to skip. We have jump ropes, or you can bring your own.
Low Impact Basic Step	This is a introduction to Basic Step class. Low impact cardio workout using a step (optional) with moves choreographed to the beat of the music.	Spin 2.0 & 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.
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.	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

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.
Precision Aquatic Training	Muscle Tone, Movement, Stability, Strength, and Cardio Training in the shallow water.	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.