


FITNESS MADE FUN

2026 Winter Group Exercise Schedule

ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOU MEMBERSHIP
Session Dates: JANUARY 5th-MARCH 28th (12 week classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30am Boot Camp Davis/Riggins - Bert	5:45-6:30am Spin Rotary - Bert	5:45-6:30am Boot Camp Davis/Riggins - Bert	5:45-6:30am Spin Rotary - Bert	8:15-9:00am Chair Fit For Life MPC - Joe
9:15-10:00am Chair Cardio Drumming Davis - Judy	8:15-9:00am Chair Yoga Riggins - Pam	8:15-9:00am Chair Fit For Life MPC - Joe	8:15-9:00am Chair Fit For Life MPC - Judy	9:15-10:00am FUNctional Fridays Riggins - Rebecca
9:15-10:00am Tonezone Riggins - Kathy	9:15-10:00am Strength Train Together Riggins - Pam	9:15-10:00am Tonezone Riggins - Kathy	9:15-10:00am Strength Train Together Riggins - Pam	9:15-10:00am Spin Rotary - Kathy
10:15-11:00am Cardio Drumming Riggins - Judy	9:15-10:00am Stability Ball 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
AQUA 10:15-11:00am Aqua Barre Kontes Pool - Chris	9:15-10:00am Spin Rotary - Kathy	AQUA 10:15-11:00am Aqua Barre Kontes Pool - Chris	AQUA 9:15-10:00am Deep Water Exercise Kontes Pool - Larry	<div>YMCA 360</div> <div>Download our FREE YMCA 360 App, only available to Members!</div> <div></div> <div>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!</div>
6:00-7:00pm Strong Nation™ Davis - Keishla	AQUA 9:15-10:00am Deep Water Exercise Kontes Pool - Wayne	AQUA 11:15-12:00pm Pool Volleyball Kontes Pool - Wayne	AQUA 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal	
6:00-7:00pm Strength Train Together Riggins - Rebecca	AQUA 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal	6:00-7:00pm Strength Train Together Riggins - Megan	10:15-11:00am Cardio Drumming Riggins - Valerie	
7:15-8:15pm Zumba™ Riggins - Megan	10:15-11:00am Pilates Riggins - Chris	6:15-7:00pm Zumba Toning™ Davis - Carmen	10:15-11:00am Gentle Yoga Davis - Kathy	
7:15-8:15pm Yin Fusion Yoga Davis - Candice	6:00-7:00pm Y Muscle Max Riggins - Orlando	7:15-8:15pm HIIT 2 the Max Riggins - Calvin	6:00-7:00pm Zumba™ Riggins - Megan	
	7:00-8:00pm Slow Flow Vinyasa Yoga Davis - Lynne		6:00-7:00pm Kickboxing Davis - Orlando	
<div>Class Participation:</div> <div>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!</div>				



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

MEDIUM

HIGH

HIGH

WATER EXERCISE

Class Descriptions

	Class Descriptions
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.
Stability Ball	Increase balance and flexibility but develop control and strength of the core muscles. Appropriate for all levels using a Stability Ball. Movements provide security for greater core activation & benefits back, spine, core strength, and muscle balance. Bring your own mat.
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.
ToneZone	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.
Strength Train Together	Blast all your muscles with a high-rep weight training workout! Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music in a motivating group atmosphere. 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.
HITT 2 The Max	Push your limits in this music-led total body HIIT workout that combines weights, body weight exercises, and fundamental movements - all synced to the beat. Bring a mat and get ready to lift, sweat, and move 2 the MAX!
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.
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 games 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.