



FITNESS SCHEDULE

EFFECTIVE JANUARY 2ND, 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|-----------------------|---|--|---|---|--|--|
| Early Morning | 5:30am – 6:05am H.I.I.T / Tracy W. | 5:45am – 6:30am Spinning / Cheryl | 5:30am – 6:05am Total Body Strength / Tracy W. | 5:45am – 6:30am Spinning & Sculpt / Hannah | | |
| | 6:15am – 7:15am Body Basics / Barb | 6:30am – 7:05am H.I.I.T / Amanda | 6:15am – 7:15am Body Basics / Barb | 6:30am – 7:05am H.I.I.T / Amanda | 6:15am – 7:15am Body Basics / Barb | |
| | | | | | | |
| Morning | 8:00am – 8:45am Total Body Strength / Brandy | 8:00am – 8:45am Fit For Life / Renee | 8:00am – 8:45am Total Body Strength / Brandy | 8:00am – 8:45am Fit For Life / Misti | 8:00am – 8:45am Total Body Strength / Kelly | |
| | 9:15am – 10:15am Waterworks / Misti | 9:00am – 10:00am Gentle Yoga / Hilda | 9:15am – 10:15am Waterworks / Kris | 9:00am – 10:00am Gentle Yoga / Hilda | 9:15am – 10:15am Waterworks / Renee | 8:30am -9:30am Sunday Yoga / Amanda |
| | 9:15am – 10:00am Pilates Fusion / Amanda | 9:15am – 10:00am H.I.I.T / Tracy W. | 9:15am – 10:00am Barre Pilates Fusion / Amanda | 9:15am – 10:00am H.I.I.T / Brandy | 9:15am – 10:00am Barre Fusion / Amanda | 9:15am Saturday Instructors Choice 45min – 1 hr. |
| | 9:15am – 10:00am Spinning / Kelly H. | | 9:15am – 10:00am Spinning / Brandy | | 9:15am – 10:00am Step Aerobics / Jen | |
| | | 10:30am – 11:30am Chair Fusion & Mobility / Hilda | 10:15am – 11:15am Vinyasa Yoga / Amanda | 10:30am – 11:30am Chair Fusion & Mobility/ Hilda | 10:15am – 11:15am Vinyasa Yoga / Susan | |
| | 10:30am – 11:30am Forever Fit / Brandy | | 10:30am – 11:30am Forever Fit / Debra | | 10:30am – 11:30am Forever Fit / Robin | |
| Afternoon/ Evening | 12:15pm – 1:00pm Yoga Flow / Koko | 12:15pm – 1:00pm Total Body Strength / Kelly H. | 12:15pm – 1:00pm Spinning / Renee | 12:15pm – 1:00pm Total Body Strength / Brandy | | |
| | | 5:30pm – 6:15pm Kickboxing Circuit/Cardio Boxing Erica/Hannah | | 1:30pm – 2:15pm Cardio Drumming Robin | | |
| | 5:30pm – 6:15pm Total Body Fusion / Camille | 5:30pm – 6:15pm Spinning/Jamie | 5:30pm – 6:15pm Zumba/ Camille | 5:30pm – 6:15pm Total Body Strength/ Tracy W. | | |
| | | | | 5:30-6:15pm Spinning / Nicole | | |
| | 6:30pm – 7:30pm Vinyasa Yoga / Susan P. | 6:30-7:05pm H.I.I.T / Jamie | 6:30pm – 7:30pm Restorative Yoga / Hilda | 6:30-7:05pm HIIT / Lindsay | | |
| | | 7:15pm – 8:15pm Waterworks / Kris | | 7:15pm – 8:15pm Waterworks / Kris | | |

Virtual Classes: Join our Tri Cities Family Y Fitness Private Page! We have an archive of great classes and 3 new classes weekly.

Fitness Classes are Free to Members

Non-member drop-in fee/ \$15 visit.

Classes with low attendance are subject to cancellation.

Any changes to schedule will be posted on the Y website and Facebook page.