FITNESS SCHEDULE

EFFECTIVE NOVEMBER 30TH 2026

Program Studio A	Multipurpose Room	Pool	Program Studio B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 6:05am H.I.I.T Meghan	5:45am – 6:30am Spinning / Cheryl	5:30am – 6:05am Total Body Strength / Hannah Z.		6:00am – 6:45am Spinning / Tracy R.		
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		
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		8:30am -9:30am Sunday Yoga Amanda
9:15am – 10:15am Waterworks / Misti	8:00am – 8:45am Step & Sculpt / Heather	9:15am – 10:5am Waterworks / Kris	8:00am – 8:45am Step & Sculpt / Meredith	9:15am – 10:15am Waterworks / Renee		
9:15am – 10:00am Pilates Fusion / Amanda	9:00am – 10:00am Warrior Series Yoga / Hilda	9:15am – 10:00am Barre Pilates Fusion / Amanda	9:00am – 10:00am Warrior Series Yoga / Hilda	9:15am – 10am Barre Fusion / Amanda	8am – 8:45am Step / Spinning	
9:15am – 10am Spinning Kelly	9:15am – 10:00am HIIT / Tracy W.	9:15am – 10:00am Spinning Brandy/Renee	9:15am – 10:00am HIIT / Brandy	*NEW TIME* Mobility / Heather 10:15am-11am	9:15am-10am Instructors Choice	
***NEW* 9:30am-10:15am Total Body Strength Hannah R.**	10:30am – 11:30am Stable & Strong Chair Yoga / Hilda	***NEW* 9:30am – 10:15am Total Body Strength Hannah R**	10:30am – 11:30am Stable & Strong Chair Yoga / Hilda	10:30am – 11:30am Forever Fit / Robin		
10:30am-11:30am Forever Fit Kate		10:30am – 11:30am Forever Fit Renee				
11:45am-12:45pm Vinyasa Yoga Sara	12:15pm – 1:00pm Total Body Strength Kelly	*NEW TIME* 10:30am – 11:30am Vinyasa Yoga Amanda	12:15pm – 1:00pm Total Body Strength Brandy			
11:45am – 12:45pm Forever Fit Kate	***NEW* 5:30pm – 6:15pm Barre / Pilates Kate / Christine**	11:45am – 12:45pm Forever Fit Kate	5:30pm – 6:15pm Total Body Strength/ Tracy W			
4:00pm – 4:45pm Water Pilates Robin	5:30pm – 6:15pm Spinning / Jamie	4:00pm – 4:45pm Water Pilates Robin	5:30pm – 6:15pm Spinning Brandy			
5:30pm – 6:15pm Total Body Fusion / Camille	6:30pm – 7:05pm HIIT / Jamie	5:30pm – 6:15pm Zumba Camille	6:30pm – 7:15pm Hip Hop Dance Fitness Camille			
6:30pm – 7:30pm Vinyasa Yoga/Heather	6:30pm-7:30pm Hatha Yoga / Nina	6:30pm – 7:30pm Surge Strength/ Jamie				
	7:15pm – 8:15pm Waterworks / Kris		7:15pm – 8:15pm Waterworks / Kris			

Body Basics: Jog, walk outdoors, or use the cardio room for you cardiovascular conditioning. Afterwards, meet up in the Group Exercise Studio for muscle strengthening and stretching.

Barre Fusion: Bands, light weights, and small balls are added to traditional exercises on the Barre.

Barre Pilates Fusion: Your favorite core, stability and strengthening exercises combined with traditional exercise from barre and Pilates in this fusion style class.

Fitness for Life: This is a lower intensity total body conditioning class that aims to improve joint mobility, strength, balance and coordination. Activities include low-impact movement, range of motion exercises, light strength work, and balance training**.**

Forever Fit: This class is meant to keep you forever fit, all of the exercises can be done from a chair, but are not limited to a chair. Joint mobility, strength, balance, and coordination are the focus points.

Gentle OTX: Gentle Outdoor Cross-Training. This will be a mix of resistance bands and walking for any ability.

H.I.I.T.: Challenge yourself with these athletic based cardio/strength circuit high intensity interval training workouts. Classes will feature a variety of H.I.I.T techniques including timed interval variations, tabata, and individual versus rotating stations**.**

Hip Hop Dance Fitness: An addictive dance cardio class set to hip hop and pop music that you know and love.

Pilates Fusion: This is an intense variety of core, stability, strengthening and lengthening using a variety of equipment inspired by mat Pilates.

Therapeutic Movement: This class is slow and gentle. The work is done entirely on the mat and is accomplished close to the floor with no ups and downs. The work is deep, breath centered, and therapeutic in nature**.**

Outdoor Resistance Bands: Classes will meet in the lobby. Resistance bands will be taken outside and class will travel to various locations around the Y. Plan on a total body workout.

Outdoor Walk: Meet in the lobby of the Y and go for a walk lead by one our fitness instructors**.** All levels welcome**.**

Stable and Strong Chair Yoga: Working from the ground up, we focus on alignment, balance, flexibility, core strength, and breathing. This class is open to all fitness and levels and the beginner is welcomed. A chair is used for much of the class both as a prop for balance and for seated work.

Spinning®: Settle in for an intense ride on our Spinner bikes! Our team of certified instructors will guide you through a ride that you can customize to your fitness level. Be ready for a great low impact cardio workout!

Spin® & Sculpt: The challenge of a spinning class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride!

Step & Sculpt: The aerobics of Step mixed with strength training. A variety of strength equipment will be used.

Surge Strength: High rep, muscle focused all weight training workout.

Total Body Fusion: A combination of high/low aerobics, body conditioning, and abdominal work make this class the total package.

Total Body Strength: Work all major muscle groups and enhance flexibility using barbells, stability balls, free weights, medicine balls, resistance bands and more to keep you engaged and challenged.

Warrior Series Yoga (previously Gentle Yoga): This 60-minute class is suitable for all levels and backgrounds. Practice includes relaxation, stretching, expansive breathing techniques, and warrior series. This class is slow and gentle, but has the potential to be challenging.

Waterworks: Work all major muscle groups and enhance flexibility while in the pool! A variety of body weight exercises, as well as pool dumbbells and noodles will be used.

Water Pilates: Pilates taught in the Pool! This low-impact class will use water resistance to build core strength, balance, and flexibility.

Yoga: A flowing, dynamic sequence of poses to lengthen the body, open the hips, and relax the mind.

Zumba: A dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic way to get a full body work.