



2025 GROUP FITNESS SCHEDULE

Effective October 26

MONDAY				
	TIME	CLASS	WHERE	INSTR.
	5:30-6:30A	Indoor/Outdoor Bootcamp	Studio A	JoElle
	7:15-8	Y Foundations Fitness	Studio A	Nancy
	7:30-8:15	Barre	Studio B	Beth
	8:15-9	Cardio/Strength (Lite)	Studio B	Nancy
	8:15-9	Shallow Water	Pool	Stephanie
	8:30-9	Strength+	Studio A	Linette
	9:15-10	Shallow Water	Pool	Stephanie
	9:15-10:10	Power Yoga	Studio B	Allie
	9:15-10:15	BODYPUMP ™	Studio A	Lauren
	9:30-10:15	Cycle 45	Studio C	Courtney
	10:15-11:10	Yoga 1	Studio B	Allie
	10:30-11	Cycle 30	Studio C	Lauren
	10:30-11:15	Balance	Studio A	Kathy
	11:15-11:45	Core Sculpt	Studio B	Lauren
	11:30-12:15	Cardio/Strength (Lite)	Studio A	Nancy
	4:30-5P	Strength+	Studio A	Emily
	5:15-5:45	Body Sculpt	Studio A	Abby
	5:15-6	Barre	Studio B	Emily
	6-6:45	Dance Fitness	Studio A	Abby
	6:15-7:15	Power Yoga	Studio B	Bridget
TUESDAY				
	TIME	CLASS	WHERE	INSTR.
	6-6:45	Cycle 45	Studio C	Steph
	7-7:45	Yoga Sculpt	Studio B	Steph
	7-8	Power Circuits	Studio A	Abby
	8-8:55	Zumba®	Studio A	Shannon
	8:15-9	Deep Water	Pool	Stephanie
	8:30-9:15	TRX	YTC	Lauren
	9-10	Cardio/Strength	Studio A	Gilda
	9:15-10	Deep Water	Pool	Stephanie
	9:15-10	Pilates	Studio B	Corie
	9:30-10:15	Cycle 45	Studio C	Sandra
	10:15-11:15	Endurance+	Studio A	Linette
	10:15-11:15	Active Stretch	Studio B	Dawn
	4:30-5P	Strength+	Studio A	Patrick
	5:30-6:30	BODYPUMP ™	Studio A	Charles
	6-6:45	Zumba®	Studio B	Linette
WEDNESDAY				
	TIME	CLASS	WHERE	INSTR.
	5:30-6:30A	Indoor/Outdoor Bootcamp	Studio A	JoElle
	6-7	Yoga Sculpt	Studio B	Corie
	7:15-8	Y Foundation Fitness	Studio A	Nancy
	7:15-8	Pilates	Studio B	Corie
	8:15-9	Cardio/Strength (Lite)	Studio B	Lauren
	8:15-9	Shallow Water	Pool	Stephanie
	8:30-9	Strength+	Studio A	Megan
	9:15-10	Shallow Water	Pool	Stephanie
	9:15-10	Cardio+	Studio A	Linette
	9:30-10:15	Barre	Studio B	Emily
	9:30-10:15	Cycle 45	Studio C	Megan
	10:30-11	Cycle 30	Studio C	Bridget
	10:30-11	Strength+	Studio A	Emily
	10:30-11:15	Balance	Studio B	Nancy
	11:30-12:15	Power Yoga	Studio B	Bridget
	4:30-5P	Strength+	Studio A	Emily
	5:15-5:45	Body Sculpt	Studio A	Gina
	5:15-6	Barre	Studio B	Emily
	6-6:45	Zumba®	Studio A	Gina

THURSDAY				
TIME		CLASS	WHERE	INSTR.
	5:30-6:30A	Strength/Agility	Studio A	Lisa
	6-6:45	Cycle 45	Studio C	Steph
	7-7:45	Yoga Sculpt	Studio B	Steph
	7-8	Bootcamp	Studio A	Abby
	8-8:55	Zumba®	Studio A	Shannon
	8:15-9	Deep Water	Pool	Stephanie
	9-10	Cardio/Strength	Studio A	Gilda
	9-9:45	TRX	YTC	Lauren
	9:15-10	Deep Water	Pool	Stephanie
	9:15-10	Power Yoga	Studio B	Becky
	9:30-10:15	Cycle 45	Studio C	Sandra
	10:15-11	Yoga 1	Studio B	Becky
	11:15-12:10	Active Stretch	Studio B	Dawn
	12:15-1:15	Hatha Yoga	Studio B	Bob
	5-5:30P	Strength+	Studio A	Patrick
	5:45-6:30	Turn Up Dance Fitness	Studio A	Linette
	6-7	Gentle Yoga	Studio B	Kathy
FRIDAY				
TIME		CLASS	WHERE	INSTR.
	5:30-6:30A	Indoor/Outdoor Bootcamp	Studio A	JoElle
	7:15-8	Y Foundation Fitness	Studio A	Nancy
	8:15-9	Cardio/Strength (Lite)	Studio B	Lauren
	8:15-9	Aqua Cardio	Pool	Nancy
	8:30-9	Strength+	Studio A	Megan
	9:15-10	Aqua Cardio	Pool	Nancy
	9:15-10:15	BODYPUMP™	Studio A	Olivia
	9:30-10:15	Barre	Studio B	Emily
	9:30-10:15	Cycle 45	Studio C	Lauren
	10:30-11	Cycle 30	Studio C	Olivia
	10:30-11	Strength+	Studio A	Emily
	10:30-11:15	Balance	Studio B	Nancy
	11:15-11:45	Core Sculpt	Studio B	Olivia
SATURDAY				
TIME		CLASS	WHERE	INSTR.
	7-7:45A	Cycle 45	Studio C	Lauren
	8-9	BODYPUMP™	Studio A	Lauren
	8:30-9	Body Sculpt	Studio B	Gina
	9:15-10	Zumba®	Studio A	Gina
	9:15-10	Hatha Yoga	Studio B	Mal
	10-11	Step/Strength	Studio A	Gilda
	10:15-11:15	Gentle Yoga	Studio B	Kathy

- Cardio
- Cardio/Strength
- Strength
- Mind-Body
- Beginner/Low Impact/Senior
- Aqua
- Kids (Age 5+)
- Parkinson’s Please see Parkinson’s schedule

Group fitness classes and instructors are subject to change. Please scan the QR code to view our online schedule for real-time updates and class changes.



ELEVATE

at the Y

CARDIO

Cardio+ | Intermediate/Advanced | 45 min.
This action-packed session will keep you challenged with dynamic cardio movements and varied routines. Improve your endurance, agility, and overall fitness with a mix of high-intensity interval training (HIIT), and fast-paced movements to maximize calorie burn and see and feel the results.

Cycle 30 / Cycle 45 | All Levels | 30 & 45 min.
Experience the ultimate cardio workout in this high-energy indoor cycle class. Your instructor will lead you through a variety of terrains to build cardiovascular strength and endurance while increasing your overall fitness.

Cycle Sculpt | All Levels | 45 min.
Cycle Sculpt is a dynamic workout that pairs a high-intensity cycle class with lightweight training to sculpt and tone your entire body. This class is designed to challenge your cardiovascular endurance while also building strength and definition in your arms, legs and core.

Turn Up Dance Fitness/Dance Fitness | All Levels | 45 min.
In this HIIT inspired dance fitness workout, you will burn fat, build muscle, boost metabolism, and not only burn major calories during class, but continue to scorch them for hours after class finishes! You will be challenged, but you will embrace it as you step outside of your comfort zone.

ZUMBA®
Zumba®
Come join our party! Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this inspiring, muscle-pumping, calorie-burning blast as you immerse yourself in the music and the rhythms.

CARDIO AND STRENGTH

BODYPUMP™ | All Levels | 60 min.
BODYPUMP™ IS THE ORIGINAL BARBELL CLASS. This evidence-based, motivating exercise program will sculpt, tone and strengthen your entire body. Low weight loads and high repetition movements aid in burning fat and gaining strength.

Bootcamp | Intermediate/Advanced | 60 min.
This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness.

Cardio/Strength | All Levels | 60 min.
Burn fat and increase muscle tone with this invigorating, total body workout. With a mix of aerobic and strength training, you will be challenged to meet your fitness goals.

Endurance+ | Intermediate/Advanced | 60 Min
This advanced, high-energy workout combines aerobic exercise with strength training to improve cardiovascular fitness, increase muscular endurance, and boost overall fitness. Expect a dynamic and varied routine that will motivate and challenge you.

Indoor/Outdoor Bootcamp | Intermediate/Advanced | 60 min.
This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness. This class is held indoors and outdoors depending on the weather. If the temperature is 40+ degrees the class will be held outdoors. Please dress accordingly.

Power Circuits | Intermediate/Advanced | 60 min.
Using a variety of equipment, this circuit style class will raise your heart rate while combining strength training with cardio and functional movements to challenge your entire body.

Strength/Agility | Intermediate/Advanced | 60 min.
Elevate your fitness with our Strength and Agility class! This high-energy session blends powerful strength training, intense cardio bursts, and functional movement to help you build endurance, power, and agility.

Step/Strength | All Levels | 60 min.
This class begins with a 30-minute cardio segment of traditional step class and takes you directly into 30 minutes of total body strength work.

STRENGTH

Body Sculpt | All Levels | 30 min.
Sculpt and tone your entire body with this core, upper, and lower body workout. This comprehensive class focuses on building strength, endurance and flexibility through a combination of exercises that target your core, arms, legs and glutes.

Core Sculpt | All Levels | 30 min.
Core Sculpt will strengthen your core through a series of focused movements as you improve your body's overall functional strength, balance and coordination.

Strength+ | Intermediate/Advanced | 30 min.
This challenging workout is designed for intermediate to advanced lifters. Strength is a 30-minute class focusing on complex exercises, progressive overload and functional movements. This efficient total body workout will boost your metabolism, build strength and enhance your athletic performance.

TRX | All Levels | 60 min.
Created by a Navy Seal, these iconic yellow and black straps have proven to improve core stability, total body strength, flexibility and mobility. This challenging class allows you to start as a beginner and progress naturally as you build muscular strength and endurance.

MIND-BODY

Active Stretch | Athletic Recovery/All Levels | 55 min.
Relieve sore muscles and deep myo-fascial tightness, and improve your flexibility in this mat-based deep stretching class. Using a variety of equipment (foam rollers, straps and props), this class will help you recover from workouts and keep you moving strong!

Barre | All Levels | 45 min.
Ballet principles and movements build strength and flexibility using light weights and repetition. Our body awareness connection is threaded throughout this class, as we target the entire body with the use of a chair for standing support.

Pilates | All Levels | 45 min.
Pilates is the ultimate class for core training! This class focuses on the abdominal and back muscles to improve core strength and flexibility. Most movements are performed while seated or lying on a mat.

YOGA
Gentle Yoga | All Levels | 60 min.
This slower paced class is focused on stretching, breathing and relaxing. It's designed to be adaptable and gentle on the body. Suitable for all levels, but aimed for a beginner with Yoga.

Hatha Yoga | All Levels | 45 min.
In this Hatha Yoga class, you will master balance, breathing, muscle control, and flexibility while deepening your mind-body connection. This slower paced class will hold positions for 30-60 seconds as you are guided by the principles of yoga philosophy and the chakra system, to enhance your practice. Classes end with 5-10 minutes of meditation.

Power Yoga |Intermediate | 45/55 min.
Challenge your strength, balance and flexibility in this powerful vinyasa style class. Strong emphasis on breath to movement, building strength and finding a sense of playfulness and adventure on your mat.

Yoga 1 | Beginner | 45/55 min.
This slower paced mat class (no chair) is geared towards those looking to build the foundation of their yoga practice. Props and modifications will be offered for proper alignment, teaching students to find ease and confidence in their practice.

Yoga Sculpt | Intermediate/All Levels | 45 min.
This class takes yoga to a new level. Using light weights, participants will get their heart rate up with interval training. While suitable for all levels, this class moves at a much faster pace than a traditional yoga class.

BEGINNER/ LOW IMPACT/ SENIOR

Balance | Beginner/Low Impact | 45 min.
This balance class is designed for older adults and those with chronic health conditions. Using a chair or standing, you will work on building strength and improving balance, and gain confidence in your everyday movement patterns.

Cardio/Strength (Lite) | Beginner/Low Impact | 45 min.
Stay strong, healthy and vibrant with this low impact class. This "Lite" cardio and strength class incorporates choreographed aerobics, strength training and flexibility.

Y Foundation Fitness | All Levels/Low Impact | 45 min.
This low impact foundational fitness class is intentionally designed to help focus on building strength, enhance your muscular endurance, improve range of motion, and develop better balance. Come have some fun with us.

AQUA

Aqua Cardio | All Levels | 45 min.
Aqua Cardio is taught in the shallow end of the pool. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Deep Water | All Levels | 45 min.
Deep water exercises are easy on the joints and help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but you must be comfortable in deep water with a flotation device.

Shallow Water | All Levels | 45 min.
This shallow water class will help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. Members should be comfortable in the water, but swimming skills are not necessary.

PARKINSON'S

The following classes are designed for those in all stages of Parkinson's; they are also open to the general public. Please see the Parkinson's class flyer for full class descriptions and schedule.

- Exercising with Parkinsons
- Pedaling for Parkinson's
- PWR!Moves for Parkinsons
- Walking with Parkinson's
- Yoga for Neuromuscular Disorders Pilates

ELEVATE at the Y Training Center

XTRAIN60 | All Levels | 60 min.
60 minutes. One workout. All Disciplines. No Limits.
High-intensity fusion of strength, cardio and endurance. Elevate every session - strength, speed, power and agility. Pure cross-training. Raw. Effective. Built for performance. Train hard. Recover smart. Repeat.