



2026 GROUP FITNESS SCHEDULE

Effective
September 8

IMPORTANT: Group Fitness classes are included with your YMCA membership! ELEVATE at the Y classes are offered for an additional fee.

MONDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:15	Cycle 45	Studio C	Megan
\$ 5:30-6:15	ELEVATE 45	YTC	Leslie
5:30-6:30	Indoor/Outdoor Bootcamp	Studio A	JoElle
\$ 6:30-7:15	ELEVATE 45	YTC	Leslie
7:15-8	Y Foundations Fitness	Studio A	Nancy
8:15-9	Cardio/Strength (Lite)	MPR	Nancy
8:15-9	Aqua Strength and Core	Pool	Crista
8:30-9	Strength+	Studio A	Kristin
8:30-9:15	Barre	Studio B	Beth
9:10-9:55	Aqua Strength and Core	Pool	Crista
9:15-10:15	Yogalates	Studio B	Beth
9:15-10:15	BODYPUMP™	Studio A	Lauren
9:30-10:15	Cycle 45	Studio C	Courtney
\$ 9:30-10:30	ELEVATE 60	YTC	Katie
10:15-11	Yoga 2	Studio B	Danielle
10:30-11	Cycle 30	Studio C	Lauren
10:30-11:15	Balance	Studio A	Kathy
10:30-11:15	ELEVATE Recovery Lab	YTC	Alyssa
11:15-11:45	Core Sculpt	Studio B	Lauren
11:30-12:15	Cardio/Strength (Lite)	Studio A	Nancy
4:30-5	Strength+	Studio A	Christyn
5:15-5:45	Body Sculpt	Studio A	Abby
5:15-6	Barre	Studio B	Christyn
6-6:45	Dance Fitness	Studio A	Abby
6:15-7:15	Power Yoga	Studio B	Bridget
7-7:45	TRX	Studio A	Christyn

CLASS CATEGORY

Cardio	Beginner/Low Impact/Senior
Cardio/Strength	Aqua
Strength	ELEVATE at the Y (Free)
Mind-Body	\$ ELEVATE at the Y (Paid)
	\$9 members \$15 non-members

UPCOMING EVENTS

Teen Self-Defense Course (Ages 12-18)

Saturday, September 12 | 10-11:30 a.m. | Studio A
FREE event for members and non-members

90's Zumba Party

Monday, September 28 | 6-7:30 p.m. | Studio A
Instructors: Abby Clark, Shannon Davis & Gina Thunstedt
FREE event for members and non-members

TUESDAY

TIME	CLASS	WHERE	INSTR.
\$ 5:30-6:30	ELEVATE 60	YTC	Lauren
6-6:30	Strength+	Studio A	Lisa D
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	Aqua Cardio	Pool	Crista
\$ 8:30-9:15	ELEVATE 45	YTC	Lauren
8:30-9:30	Yogalates	Studio B	Beth
9-10	Cardio/Strength	Studio A	Gilda
9:10-9:55	Aqua Cardio	Pool	Crista
9:30-10:15	Barre	Studio B	Beth
\$ 9:30-10:30	ELEVATE 60	YTC	Lauren
10:15-11:15	BODYPUMP™	Studio A	Megan D
10:30-11:15	Tai Chi - Beginner	Studio B	Eric
\$ 10:30-12	ELEVATE Training Open Gym	YTC	Christyn
11:15-12:15	Tai Chi- Chen 74 Form	Studio B	Eric
12:30-1:15	Seated Strength	Studio B	Christyn
4:30-5	Strength+	Studio A	Patrick
\$ 5:30-6:30	ELEVATE Youth	YTC	AI
6-6:45	Empower Kickboxing	Studio A	Eric
6-7	Hatha Yoga	Studio B	Bob

WEDNESDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:30	Indoor/Outdoor Bootcamp	Studio A	JoElle
\$ 5:30-6:30	ELEVATE 60	YTC	Morgan
7:15-8	Y Foundation Fitness	Studio A	Nancy
8:15-9	Aqua Strength and Core	Pool	Crista
8:15-9	Cardio/Strength (Lite)	MPR	Kristin
8:30-9	Strength+	Studio A	Megan
9:10-9:55	Aqua Strength and Core	Pool	Crista
9:30-10:15	Barre	Studio B	Emily
9:30-10:15	Cycle 45	Studio C	Megan
9:30-10:30	Endurance+	Studio A	Kristin
\$ 9:30-10:30	ELEVATE 60	YTC	Morgan
10:30-11:15	Balance	Studio B	Nancy
10:30-11:30	ELEVATE Recovery Lab	YTC	Christyn
10:45-11:30	Empower Kickboxing	Studio A	Eric
\$ 12-12:45	ELEVATE 45	YTC	Christyn
5:15-5:45	Body Sculpt	Studio A	Gina
6-6:45	Zumba®	Studio A	Gina
6-7	Power Yoga	Studio B	Bridget

THURSDAY			
TIME	CLASS	WHERE	INSTR.
\$ 5:30-6:30	ELEVATE 60	YTC	Megan
6-6:30	Strength+	Studio A	Lisa D
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
8-9	Hatha Yoga	Studio B	Bob
8:15-9	Aqua Cardio	Pool	Crista
\$ 8:30-9:15	ELEVATE 45	YTC	Lisa
9-10	Cardio/Strength	Studio A	Gilda
9:10-9:55	Aqua Cardio	Pool	Crista
9:15-10	Power Yoga	Studio B	Becky
9:15-10	Cycle 45	Studio C	Lauren
\$ 9:30-10:30	ELEVATE 60	YTC	Megan
10:10-10:55	Yoga 1	Studio B	Becky
10:15-11	TRX Advanced	Studio A	Lauren
\$ 10:30-12	ELEVATE Training Open Gym	YTC	Megan
11-12	Yogalates	Studio B	Danielle
11:15-12:15	Tai Chi - Chen 74 Form	Studio A	Eric
12:30-1:15	Seated Strength	Studio A	Eric
5:15-5:45	Strength+	Studio A	Patrick
5:15-6	Barre	Studio B	Jennifer
\$ 5:30-6:30	ELEVATE Youth	YTC	AI
6-6:45	Tai Chi-Beginner	Studio A	Eric
6:10-7:10	Gentle Yoga	Studio B	Kathy

FRIDAY			
TIME	CLASS	WHERE	INSTR.
5:30-6:15	Cycle 45	Studio C	Lindsay
5:30-6:30	Indoor/Outdoor Bootcamp	Studio A	JoElle
\$ 6-7	ELEVATE 60	YTC	Katie
7:15-8	Y Foundation Fitness	Studio A	Nancy
8:15-9	Cardio/Strength (Lite)	MPR	Lauren
8:30-9	Strength+	Studio A	Olivia
9-9:50	Aqua Zumba®	Pool	Crista
9:15-10:15	BODYPUMP™	Studio A	Olivia
9:30-10:15	Barre	Studio B	Emily
\$ 9:30-10:30	ELEVATE 60	YTC	Leslie
10:30-11	Cycle 30	Studio C	Olivia
10:30-11:15	Balance	Studio B	Nancy
10:30-11:15	ELEVATE Recovery Lab	YTC	Christyn
10:45-11:30	Empower Kickboxing	Studio A	Eric
11:15-11:45	Core Sculpt	Studio B	Olivia
11:45-12:15	Strength for Life	Studio A	Christyn

SATURDAY			
TIME	CLASS	WHERE	INSTR.
7-7:45	Cycle 45	Studio C	Lauren
7-7:45	TRX	Studio A	Christyn
8-9	BODYPUMP™	Studio A	Lauren
8:30-9	Body Sculpt	Studio B	Gina
9:15-10	Zumba®	Studio A	Gina
10-11	Step/Strength	Studio A	Gilda
10:15-11:15	Gentle Yoga	Studio B	Kathy

SUNDAY			
TIME	CLASS	WHERE	INSTR.
\$ 6:30-7:30	ELEVATE Hybrid	YTC	AI
8:15-8:45	Strength+	Studio A	Kristin
9-9:45	Empower Kickboxing	Studio A	Eric

Cardio

Cardio/Strength

Strength

Mind-Body

Beginner/Low Impact/Senior

Aqua

ELEVATE at the Y (Free)

\$ ELEVATE at the Y (Paid)

\$9 members \$15 non-members

ONLINE SCHEDULE AND CLASS DESCRIPTIONS

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



HOW TO REGISTER FOR CLASS

Option 1: Register on our Website

Visit brryallymca.org or scan the QR Code
Hover over Schedules/Reservations at the top
Click Group Fitness Schedule
Find your favorite class and tap Reserve
Log in and complete the registration



Option 2: Use the YMCA360 App (Apple or Android)

Open the app
Tap on My Schedules
Find your favorite class and tap Reserve
Log in and complete the registration

Want to cancel a reservation? No problem—just cancel through the app or website so another member can join in the fun!

Walk-ins are still welcome if there’s room, but reserving your spot ahead of time gives you peace of mind and helps us serve you better.