the YMCA 2026 GROUP FITNESS SCHEDULE

Effective November 1

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	Hatha Yoga	Studio B	Bob
	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
- 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

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

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	Bodyweight Conditioning	MPR	Joanna
	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
	11:15–12:15	Tai Chi– Chen 74 Form	Studio B	Eric
	12–12:45	TRX	Studio A	Jean
	12:30–1:15	Seated Strength	MPR	Christyn
	4:30–5	Strength+	Studio A	Patrick
$	5:30–6:30	ELEVATE Youth	YTC	Al
	6–6:45	Empower Kickboxing	Studio A	Eric
	6–7	Hatha Yoga	Studio B	Bob
	7–7:45	Adult Mixed Martial Arts	Studio A	Eric

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	Joanne
	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
	11:45–12:30	Qi Gong	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
	8:15–9	Aqua Cardio	Pool	Crista
$	8:30–9:15	ELEVATE 45	YTC	Lisa
	8:30–9:30	Bodyweight Conditioning	MPR	Joanna
	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
	11–12	Yogalates	Studio B	Danielle
	11:15–12:15	Tai Chi – Chen 74 Form	Studio A	Eric
	12:30–1:15	Seated Strength	MPR	Christyn
	5:15–5:45	Strength+	Studio A	Patrick
$	5:30–6:30	ELEVATE Youth	YTC	Al
	6–6:45	Youth Mixed Martial Arts	Studio A	Eric
	6–7	Gentle Yoga	Studio B	Kathy
	7–7:45	Tai Chi –Beginner	Studio A	Eric

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
	9:15–10	Barre	Studio B	Christyn
	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 HYROX Training	YTC	Al
	8:15–8:45	Strength+	Studio A	Kristin
	8:45–9:30	Yogalates	Studio B	Danielle
	9–9:45	Empower Kickboxing	Studio A	Eric

CLASS CATEGORY

- 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.