



GROUP FITNESS

JUNE 1ST - AUGUST 22ND

June 29th - July 5th classes subject to change, use the YMCA360 app for the most up-to-date schedule information.

Acceleration Studio - AC

Empowerment Studio - EM

Revolution Studio - RV

Rejuvenation Studio - RJ

Monday

5:15 - 6:00 a.m.	RPM	Sarah	AC
6:00 - 6:45 a.m.	Fit For Life	Reid	EM
8:30 - 9:15 a.m.	Cycling	Steve	AC
8:30 - 9:15 a.m.	FOREVERWELL Strength	Lacy	EM
8:30 - 9:15 a.m.	Power Up	Trisha	RV
12:00 - 12:45 p.m.	BODYPUMP	Allie	EM
4:30 - 5:15 p.m.	BODYPUMP	Dawn/Sam	EM
4:45 - 5:30 p.m.	Cycle & Core	Erin	AC
5:30 - 6:15 p.m.	Flow 45	Aleta	RJ
6:15 - 7:00 p.m.	Zumba	Cintya	EM

Tuesday

5:15 - 6:00 a.m.	Power Up	Keegan	RV
8:30 - 9:15 a.m.	HIIT	Keegan	RV
8:30 - 9:15 p.m.	FOREVERWELL Circuit	Anna	EM
10:00 - 10:45 a.m.	BODYPUMP	Lacy	EM
12:00 - 12:45 p.m.	RPM	Virtual	AC
12:00 - 12:45 p.m.	Shapes	Keegan	EM
4:00 - 4:30 p.m.	LES MILLS SPRINT	Virtual	AC
4:30 - 5:15 p.m.	Bootcamp	Steve	RV
5:30 - 6:15 p.m.	Shapes	Grace	EM
5:30 - 6:15 p.m.	HIIT	Kayla	RV

Wednesday

5:15 - 6:00 a.m.	RPM	Sarah	AC
6:00 - 6:45 a.m.	Fit for Life	Reid	EM
8:30 - 9:15 a.m.	Cycling	Steve	AC
8:30 - 9:15 a.m.	FOREVERWELL Strength	Allie	EM
8:30 - 9:15 a.m.	Power Up	Keegan	RV
9:30 - 10:15 a.m.	Chair Yoga	Daniele	EM
12:00 - 12:45 p.m.	Power Up	Lacy	RV
1:00 - 1:45 p.m.	Adaptive Yoga	Daniele	EM
4:30 - 5:15 p.m.	Shapes	Natalie	EM
5:30 - 6:15 p.m.	BODYPUMP	Sam	EM
6:30 - 7:15 p.m.	Zumba	Alicia	EM

Thursday

5:15 - 6:00 a.m.	Power Up	Keegan	RV
8:30 - 9:15 a.m.	HIIT	Keegan	RV
8:30 - 9:15 p.m.	FOREVERWELL Circuit	Anna	EM
10:00 - 10:45 a.m.	BODYPUMP	Allie	EM
12:00 - 12:45 p.m.	RPM	Virtual	AC
12:00 - 12:45 p.m.	Pilates	Audrey	RJ
12:00 - 12:45 p.m.	Shapes	Keegan	EM
4:00 - 4:30 p.m.	LES MILL SPRINT	Virtual	AC
5:30 - 6:15 p.m.	HIIT	Connie	RV
6:00 - 7:00 p.m.	Yoga	Leah	RJ

Friday

6:00 - 6:45 a.m.	Fit for Life	Reid	EM
8:30 - 9:15 a.m.	Cycling	Steve	AC
8:30 - 9:15 a.m.	FOREVERWELL Circuit	Lacy	EM
8:30 - 9:15 a.m.	Power Up	Keegan	RV
12:00 - 12:45 p.m.	BODYPUMP	Lacy	EM

Saturday

8:00 - 8:45 a.m.	BODYPUMP	Varies	EM
9:00 - 9:45 a.m.	Shapes	Varies	EM
10:00 - 10:45 a.m.	HIIT	Shani	RV

Use the YMCA360 app to stay up-to-date on class schedules, be the first to sign up for programs, and everything else that's Green County Family YMCA!



App Store



Google Play

Want to join a group fitness class but have trouble finding a babysitter? Don't sweat it! Kids' Zone - Green County Family YMCA's answer to childcare while you exercise! Sweat it out in a fitness class instead and leave your young ones in the hands of our capable Kids' Zone team for up to 2 hours!

Monday - Friday 8:00 - 11:00 a.m. | Monday - Thursday 4:00 - 7:00 p.m. | Saturday 7:30 - 11:00 a.m.