GROUP FITNESS
OCTOBER 1ST – OCTOBER 31ST

*Download and use the YMCA360 app for the most up-to-date schedule.

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	Darci	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
5:30 – 6:00 p.m.	BODYPUMP	Virtual	EM
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
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
4:30 – 5:15 p.m.	Shapes	Grace	EM
5:30 – 6:15 p.m.	HIIT	Trisha	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	Darci	EM
8:30 – 9:15 a.m.	Power Up	Keegan	RV
9:30 – 10:15 a.m.	Chair Yoga	Lacy	EM
12:00 – 12:45 p.m.	Power Up	Lacy	RV
1:00 – 1:45 p.m.	Adaptive Yoga	Lacy	EM
4:30 – 5:15 p.m.	Shapes	Natalie	EM
4:45 – 5:30 p.m.	Cycle & Core	Erin	AC
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
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
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

*Saturday, October 17th – LesMills Release Party!
RPM at 7:15 a.m., Body Pump at 8:00 p.m., Shapes at 9:00 a.m.

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.