



ACTIVITY SCHEDULE

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15am-9:00am MORNING YOGA Deb Dop	5:00am-6:00am *BODY PUMP Sarah Garrett	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	5:00am-6:00am *BODY PUMP Sarah Garrett	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	9:00am-9:45am PILATES FUSION POPUK EVENT Lacey Randall 05.03.25
	9:15am-10:00am STEP INTO SCULPT Deb Dop	8:00am-8:45am SILVER SNEAKERS CLASSIC Donna Wren	8:15am-9:00am MORNING YOGA Deb Dop	8:00am-8:45am SILVER SNEAKERS CLASSIC Donna Wren	8:15am-9:00am MORNING YOGA Deb Dop	10:00am-11:00am *PUPPY YOGA POPUK EVENT Lisa Preston 05.10.25
	12:00pm-12:45pm RAISE THE BARRE! Lacey Randall	9:00am-9:45am SS YOGA Donna Wren	9:15am-10:00am TECHNO GYM Michelle Moore	9:00am-9:45am SS YOGA Donna Wren	9:15am-10:00am TECHNO GYM Michelle Moore	8:15am-9:00am MORNING YOGA POPUK EVENT Deb Dop 05.17.25
	5:30pm-6:30pm *HOT YOGA Lisa Preston	10:00am-10:45am SILVER SNEAKERS CLASSIC Donna Wren	10:15am-11:00am SILVER SNEAKERS CLASSIC Donna Wren	10:00am-10:45am SILVER SNEAKERS CLASSIC Donna Wren	9:15am-10:00am TOTAL BODY SCULPT Deb Dop	9:00am-9:45am CHOREO CARDIO POPUK EVENT Clarissa Katnik 05.24.25
	5:30pm-6:15pm PILATES FUSION Katie Villanueva	4:15pm-5:00pm PURE STRENGTH Michelle Moore	11:00am-11:45am SS YOGA Donna Wren	4:15pm-5:00pm PURE STRENGTH Michelle Moore		
		5:15pm-6:00pm PILATES FUSION Lacey Randall	12:00pm-12:45pm *BODY PUMP Sarah Garrett	5:00pm-5:30pm BUTTS & GUTS Michelle Moore		
		5:30pm-6:15pm *EVOLVE FITNESS Grant Hoehne	5:30pm-6:30pm *HOT YOGA Lisa Preston	5:30pm-6:15pm *EVOLVE FITNESS Grant Hoehne		
		6:00pm-7:30pm *GOAT YOGA POPUK EVENT Lisa Preston 05.27.25	5:00pm-5:45pm TOTAL BODY SCULPT POPUK WORKOUT Deb Dop 05.21.25	5:30pm-6:30pm *HOT YOGA Lisa Preston		
			6:00pm-6:45pm CHOREO CARDIO Clarissa Katnik	6:30pm-7:15pm RAISE THE BARRE! Lacey Randall		
			5:30pm-8:00pm *TUMBLING Melissa Pasley			

■ Fitness Center

■ Lee & Sherri Willbers Exercise Room

■ Small Group Exercise Room

■ Turf Room

*Fee based classes. Registration required.

CLASS DESCRIPTIONS

BODY PUMP: A 60 minute total-body strength workout including warmup using light to moderate weights with high reps to sculpt, tone, and build strength. Known as the “original barbell class,” it’s a fast-paced, high-energy session designed for all fitness levels with the proven Rep Effect for maximum results. (Registration Required)

BUTTS & GUTS: Build, condition, and tone your abdominals, lower back, hips and glutes during this moderately heated 30 minute fat-burning workout, featuring various floor and standing movements.

CHOREO CARDIO: Get ready to dance, sweat, and move in this high-energy 45 minute cardio workout! Choreo Cardio blends dance-inspired moves with heart-pumping rhythms and a unique vibe to tone muscles, boost endurance, and enhance mobility. Bring your energy, an open mind, and a willingness to move!

EVOLVE FITNESS: This high-intensity 45 minute class targets major upper and lower body muscle groups through functional fitness exercises suitable for all ages and fitness levels. The class features circuit-style routines and strength-building exercises using equipment such as dumbbells, exercise bands, rowers, bikes, and your own body weight. Whether you’re just starting out or looking to push your limits, this class has something for everyone. (Registration Required)

HOT YOGA: This 60 minute energizing flow is designed to connect breathing to movement in a heated room with the ultimate goal of a calmer state of mind. This dynamic and therapeutic practice, featuring a series of poses and guided meditation, promotes steady physical progression of strength, flexibility, balance, discipline, and mental focus. Perfect for beginners and experienced practitioners alike. (Registration Required)

MORNING YOGA: This 45 minute beginner-friendly class is for all bodies, levels, and abilities. Variations and modifications are offered, and props are available to use as the instructor guides participants through a series of poses, breathing exercises, and meditation.

PILATES FUSION: These 45 minute classes will help you develop your core strength while focusing on coordination, flexibility, and stability-based movements. This low-impact workout is ideal for members of all ages and abilities, and the exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs, and glutes. Two styles offered weekly.

PURE STRENGTH: A 45 minute strength-training class that utilizes an adjustable barbell, weight plates, a step, and other equipment for a full body workout. Designed to build and sculpt muscle, burn calories, and boost heart rate, each session will combine traditional strength training with body weight movements, motivating music, and coaching. Appropriate for most fitness levels, and modifications are provided.

RAISE THE BARRE!: Discover the perfect blend of ballet, Pilates, and strength training in our 45 minute Barre class. This low-impact, high-intensity workout targets all major muscle groups to improve posture, flexibility, and overall strength. Using a combination of precise, small movements and isometric holds, Barre helps to tone and sculpt your body while enhancing your core stability.

RHYTHM & RIDE: This 60 minute heart-pumping, nonstop rhythm-based workout aims to burn fat, build core strength, and improve cardio endurance. You’ll encounter intervals, sprints, climbs, and pumping all to music hand-picked to motivate and inspire individuals of all ages and fitness levels. (Registration Required)

SILVER SNEAKERS CLASSIC: A 45 minute comprehensive health and fitness program for the active aging that emphasizes cardiovascular endurance and core strength, and helps those challenged with osteoporosis. Each class may include lifting handheld weights, stretching with bands, and using your bodyweight to improve balance and stability.

SILVER SNEAKERS YOGA: This 45 minute class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

STEP INTO SCULPT: A 45 minute dynamic workout for all fitness levels and ages, including aging adults and seniors. This class combines platform step movements, bodyweight exercises, and free weights to strengthen muscles, enhance mobility, and improve body awareness. Join us to build strength, increase flexibility, and connect mind to muscle in a supportive environment designed for everyone.

STRONG KIDZ: Children between the ages of 8-12 are required to take this class in order to workout with an adult member. This class will cover the following: tour of the facility, general anatomy, proper use and adjustment of treadmill/cardio equipment and selectorized weight machines, fitness-room etiquette, and an overview of YMCA member benefits and rules. (Registration required)

TECHNO GYM: A 45 minute circuit-style class featuring various instructor-chosen movements designed to build strength, improve mobility, and boost balance. Participants enjoy motivational coaching, positive reinforcement, and workout accountability while learning proper machine usage.

TOTAL BODY SCULPT: This 45 minute low-impact cardio class delivers a total-body workout while focusing on core strength, balance, and coordination. Participants will learn basic punches, kicks, and controlled agility movements designed to improve cardiovascular endurance, muscle strength, and flexibility...all in an easy-to-follow format. No experience needed; All ages welcome!

YOUTH STRENGTH & CONDITIONING: This 6 week program, designed for children ages 10-12, offers a fun, educational introduction to fitness. Held twice weekly for 45 minutes, this program guides young participants through the use of various fitness equipment, like dumbbells, resistance bands, steps, barbells, and cardio machines. Participants will learn about muscle groups, gym etiquette, respect for personal space, and proper lifting form during increasingly challenging workouts; The goal is to help youth improve mobility, build strength, enhance cardio health, and establish lifelong fitness habits. (Registration Required)