ACTIVITY SCHEDULE NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30am-7:00am **30-MINUTE HIIT** Tillie Dowd	5:00am-5:45am **MORNING BURN** Sarah Garrett	5:00am-6:00am ***RHYTHM & RIDE** Sarah Garrett	5:00am-5:45am **MORNING BURN** Sarah Garrett	5:00am-6:00am ***RHYTHM & RIDE** Sarah Garrett	8:30am-9:30am **FUNCTIONAL + FIT** Carola A.| Michele L.
	8:15am-9:00am **MORNING YOGA** Deb Dop	6:00am-6:30am **MORNING BURN EXP.** Sarah Garrett	8:15am-9:00am **MORNING YOGA** Deb Dop	6:00am-6:30am **MORNING BURN EXP.** Sarah Garrett	8:15am-9:00am **MORNING YOGA** Deb Dop	9:00am-10:00am ***HOT YOGA** Keri Salvatore
	9:15am-10:00am **STEP INTO SCULPT** Deb Dop	6:30am-7:00am **30-MINUTE HIIT** Tillie Dowd	9:15am-10:00am **TECHNO GYM** Michelle Moore	6:30am-7:00am **30-MINUTE HIIT** Tillie Dowd	9:15am-10:00am **TECHNO GYM** Michelle Moore	9:15am-10:00am **PURE STRENGTH** Michelle Moore
	12:00pm-12:45pm **RAISE THE BARRE!** Lacey Randall	8:15am-9:00am **SILVER SNEAKERS® CLASSIC** Donna Wren	10:15am-11:00am **SILVER SNEAKERS® CLASSIC** Donna Wren	8:15am-9:00am **SILVER SNEAKERS® CLASSIC** Donna Wren	9:15am-10:00am **TOTAL BODY SCULPT** Deb Dop	
	3:30pm-4:15pm ***STRENGTH & COND. LV 1** Kyle Brown	9:15am-10:00am **SILVER SNEAKERS® YOGA** Donna Wren	11:00am-11:45am **SILVER SNEAKERS® YOGA** Donna Wren	9:15am-10:00am **SILVER SNEAKERS® YOGA** Donna Wren		
	5:30pm-6:30pm ***HOT YOGA** Lauren Ross	10:15am-11:00am **SILVER SNEAKERS® CLASSIC** Donna Wren	2:30pm-3:15pm ***GIRLS 'N' WEIGHTS** Michelle Moore	10:15am-11:00am **SILVER SNEAKERS® CLASSIC** Donna Wren		
	6:00pm-6:45pm **BOOT CAMP** Kyle Brown	11:15am-12:00pm **TAI CHI** Ernie Wren	5:00pm-5:45pm **PILATES FUSION** Lacey Randall	11:15am-12:00pm **TAI CHI** Ernie Wren		**POP-UP CLASSES**
		3:30pm-4:15pm ***STRENGTH & COND. LV 2** Kyle Brown	5:30pm-6:30pm ***HOT YOGA** Keri Salvatore	4:15pm-4:55pm **PURE STRENGTH** Michelle Moore		11:30am-12:30pm **FITNESS THROUGH NUTRITION & EXERCISE** Ernie W. & Paula V.|11.7
		4:15pm-4:55pm **PURE STRENGTH** Michelle Moore	5:30pm-8:00pm **TUMBLING** Melissa Pasley	5:00pm-5:30pm **BUTTS & GUTS** Michelle Moore		
		5:00pm-5:30pm **BUTTS & GUTS** Michelle Moore	6:00pm-6:45pm **TAI CHI** Ernie Wren	5:30pm-6:30pm **FUNCTIONAL + FIT** Carola A.| Michele L.		
		5:30pm-6:30pm **FUNCTIONAL + FIT** Carola A.| Michele L		6:00pm-7:00pm ***HOT YOGA** Lauren Ross		
		6:30pm-7:15pm **PURE STRENGTH** Michelle Moore		6:30pm-7:15pm **PURE STRENGTH** Michelle Moore		

■ Fitness Center ■ Lee & Sherri Wilbers Exercise Room ■ Small Group Exercise Room ■ Turf Room

*** Fee based classes. Registration reqired.**

CLASS DESCRIPTIONS

30-MINUTE HIIT: Fast-paced, full-body workout that packs a punch in just 30 minutes! This class uses simple bodyweight exercises in 4 rounds of 6 minute cycles, with a short break between each. Expect high intensity, heart-pumping intervals, and plenty of energy to kickstart your day.

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

FUNCTIONAL + FIT: A results-driven strength and conditioning program designed to build power, improve endurance, and help you move more efficiently in daily life while training like an everyday athlete. Using various equipment and bodyweight exercises, each session blends strength work, WOD-style training, and beginner-friendly Olympic lifting - enhancing safe, functional movement. Suitable for MOST fitness levels. (Registration Required)

GIRLS 'N' WEIGHTS: Strength-based class designed for girls ages 10–12, focused on learning proper lifting technique, safe ways to build strength and power, and developing confidence in the gym. Participants will practice age-appropriate exercises, bodyweight movements, and introductory strength training in a supportive group environment that encourages growth, teamwork, and healthy habits. (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: A 45 minute beginner-friendly class for all bodies, levels, and abilities. Variations, modifications, and props are provided as the instructor guides you through poses, breathing, and meditation.

MORNING BURN: Wake up, get moving, and start your day strong! Morning Burn is a full-body workout designed to build strength and improve endurance. Using a mix of cardio intervals and strength exercises, you'll challenge your entire body! All fitness levels are welcome, modifications provided as needed. Leave feeling stronger, energized and ready to take on the day!

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.

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.

SILVER SNEAKERS ADVANCED: A 30-minute progressive fitness class designed for active-aging adults who are ready to take their training to the next level. This class emphasizes cardiovascular endurance, strength, balance, and core stability using more challenging combinations of hand weights, resistance bands, and bodyweight movements. Ideal for participants who are comfortable with foundational Silver Sneakers exercises and want increased intensity while still prioritizing joint safety, bone health, and functional movement. Modifications are offered to support individual needs.

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.

STRENGTH & CONDITIONING LVL 1, 2, & 3: See Southern Boone Area YMCA website for details. (Registration Required)

STRONG KIDZ: Children ages 8-12 are required to take this class to workout with an adult relative. This class covers 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)

TAI CHI: A gentle, low-impact class that focuses on slow, flowing movements to improve balance, flexibility, posture, and overall well-being. Tai Chi promotes relaxation, body awareness, and mindful movement while supporting joint health and stress reduction. Suitable for all fitness levels, this class is especially beneficial for improving stability, coordination, and confidence in daily movement.

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: Get ready for a full-body workout in just 45 minutes! This low-impact cardio class combines strength training, core work, balance, and coordination in a simple, easy-to-follow format. You'll lift weights, perform controlled cardio and agility exercises, and improve your endurance, flexibility, and overall strength. No experience needed—this class is designed for all fitness levels and all ages!