



NEW! Use the QR code to connect to our Group Fitness Facebook Page for up today class info and education.



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SUMMER 2025 COMBINED FITNESS SCHEDULE (UPDATED 5/27/25)

CARLISLE FAMILY YMCA

****MEMBERS MUST BE AT LEAST 13 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES**
"YOUTH" Fitness classes are for members ages 11-18 and 8-18

MONDAY

AM		PM	
5:15 BOLT Power Cycle.	B	4:45 Next Gen Cycling	B
5:45 Power Stretch	A	5:30 Moderate Flow Yoga	C
7 #MTJP	B	5:35 Zumba	A
8 Zumba Gold.	A	5:45 LM SPRINT	B
9 Go with the Flow	B	6:30 Burn&Build	A
9 Sr. Wellness	A	6:35 Barre Above	C
9:15 Barre Above	C	7:15 LM CORE	A
10 TRX Bootcamp	FFC		
10:15 LM BODYCOMBAT	A		
10:30 Yoga+Stretch	C		
11:10am Les Mills CORE	A		

TUESDAY

AM		PM	
5:15 LM BODYPUMP	A	12 Cycle HIIT+FIT	B
7 LM SPRINT	B	5 LM BODYCOMBAT	A
7 Tai Chi	C	5:30 Intensity Barre	C
8 Adv. Tai Chi	C	5:45 LM BODYPUMP	A
8 LM BODYPUMP	A	5:45 Les Mills SPRINT	B
9 Zumba	A	7 Meditation Reset	C
10:00 Easy Yoga	A		

WEDNESDAY

AM		PM	
5:15 BOLT Power Cycle	B	12 Easy Yoga	C
5:45 Power Flow Yoga	C	5 Meditation 101	B
8 Zumba Gold	A	5:30 Maximum RPM	C
8 Qigong	C	5:30 Pilates	B
8:15 LM SPRINT	B	5:20 Zumba Toning	A
9 TRX	FFC	6:30 Burn+Build	A
9 Sr. Wellness	A	7 RIPPED	A
9 Tai Chi	C		
10 RIPPED	A		
10:30 Yogalates	C		

THURSDAY

AM		PM	
5:15 LM BODYPUMP	A	12 Cycling 4 Fitness	B
7 #MTJP	B	5:15 LM BODYATTACK	A
7 Tai Chi	C	5:45 LM SPRINT	B
8 Advanced Tai Chi	C	5:55 LM BODYPUMP	A
9 LM BODYPUMP	A	5:30 Sports Stretch Yoga	C
9:15 Cardio BARRE	C	6:45 LM CORE	A
10 LM BODYCOMBAT	A		
10:15 Pilates	C		
11 Meditation 101	C		
12 LaBlast	A		

FRIDAY

AM		
5:15 Cycle Sweat HIIT+FIT	B	
9 LM GRIT Strength	A	
9 Pedal + Pulse	B	
9:35 LM CORE	A	
10 Barre Above	C	
10:15 ZUMBA	A	
11:35 Chair Yoga	C	
PM		
5:30 Mind Body Rotation *	C	

SATURDAY

AM		
8 Saturday Cycle*	B	
8:30 Bodycombat	A	
8:45am Power Flow Yoga ***	C	
9 Sports Stretch Yoga**	MPR	
9:30 LM BODYPUMP	A	
10:15am Barre Above	C	
10:45 Cardio Dance Format*	A	
PM		
12 Smart Start BODYPUMP***	A	
12 Youth Dance ***	A	

SUNDAY

AM		
10:30 GRIT Strength	A	
11am Vinyasa Flow Yoga	C	
11:05 LM CORE	A	
PM		
12pm Zumba	A	

August Events

Bonus Saturday Yoga 8/16

LES MILLS LAUNCH 8/2 and Cardio Sizzlers 8/9

New Mind/Body Suprise Friday 8/29 @ 5:30

*Rotational offering or location update. Check online.
**Class changes seasonally between MPR and Studio C. Check location online
***Bi-weekly offering. Check online.