



WINONA FAMILY YMCA

FACILITY CLOSURES

Certain areas of our facility will be temporarily closed for essential maintenance. These closures are necessary to ensure the safety and comfort of all our members while improving your overall experience.

FITNESS STUDIO

Closed
4/21-5/4

Please
follow
Temporary
class
schedule

RACQUETBALL COURT 1

NOW
OPEN!

RACQUETBALL COURT 2

Closed
4/28-5/18

CLARA BARTON ROOM

Closed
5/5-5/18

GYMNASIUM*

Open for Basketball
only through 5/4

POOL, SAUNA, STEAM ROOM & WHIRLPOOL

Closed
6/9-6/28

Please note that we will
do everything we can to
reopen spaces sooner

TEMPORARY Group Fitness Class Schedule

May 5-18, 2025

Please bring your own mat, water and sweat towel. Schedule subject to change.

**Black= Fitness Studio, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool
Yellow= Outside - meet in lobby (weather permitting)**

MONDAY

- 5:30AM HIIT
- 6:00AM **Manic Monday**
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM **Walking Group**
- 10:00AM Gentle Yoga
- 12:00PM Zumba
- 1:00PM AquaFit
- 5:00PM **BODYPUMP**
- 5:00PM Yoga Sculpt
- 5:30PM **Group Cycle**
- 6:15PM TRX*

WEDNESDAY

- 5:30AM **Cycle Express**
- 5:30AM PiYo
- 6:00AM AquaFit
- 8:00AM **Body Sculpt**
- 8:00AM AquaFit
- 9:00AM HIIT
- 10:00AM **Walking Group**
- 10:00AM Line Dancing
- 12:00PM **BODYPUMP**
- 1:00PM AquaFit
- 4:00PM Yoga
- 5:00PM Zumba
- 5:30PM **Group Cycle**
- 6:00PM Stretch & Flex

FRIDAY

- 5:30AM **Cycle Express**
- 6:00AM **Fun Fit Friday**
- 6:00AM Yoga Sculpt
- 8:00AM Pilates
- 8:00AM AquaFit
- 9:00AM Zumba
- 9:00AM **Cycle Express**
- 10:00AM Active Older Adults
- 11:00AM Beginner Line Dancing
- 12:00PM **BODY PUMP**
- 1:00PM AquaFit

TUESDAY

- 5:30AM **BODYPUMP**
- 8:00AM **BODYPUMP**
- 8:00AM AquaFit
- 9:00AM Cardio Blast
- 10:00AM **QiGong/TaiChi**
- 10:00AM Yoga
- 12:00PM 20/20/20
- 4:00PM Beginner Yoga
- 5:00PM Barre
- 6:00PM AquaFit

THURSDAY

- 5:30AM **BODYPUMP**
- 8:00AM **BODYPUMP**
- 8:00AM AquaFit
- 9:00AM Barre
- 10:00AM **QiGong/TaiChi**
- 10:00AM Yoga
- 12:00PM Cardio Blast
- 4:00PM TRX*
- 5:00PM Yoga
- 6:00PM Beginner BODYPUMP
- 6:00PM AquaFit

SATURDAY

- 7:00AM **BODYPUMP**
- 9:00AM HIIT
- 9:00AM **Group Cycle**
- 10:00AM Barre

SUNDAY

- 11:00AM Stretch & Flex
- 12:00 PM **BODYPUMP**
- 1:00 PM Zumba

*reservation required

RESERVATIONS

Reservations are required for Kids Corner & Prenatal Yoga and TRX



NEWS BLASTS

Stay up to date on area specific updates such as class cancellations and unplanned area closures.



CLASS DESCRIPTIONS

For full class descriptions, please visit the website or scan here:



KID'S CORNER

Reservations required.

Monday-Thursday: 8-11am and 5-7pm

Friday: 8-10am

Saturday: 9-11am

