



## FACILITY HOURS:

Monday - Friday 5:00am - 9:00pm

Saturday 7:00am - 5:00pm

Sunday 8:00am - 1:00pm

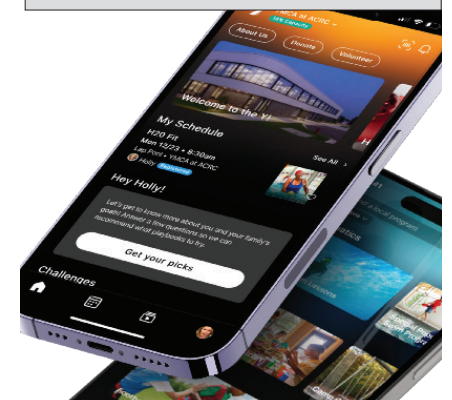
# GROUP EXERCISE SCHEDULE

Effective August 17, 2026

Studio A   Studio B   Studio C   Upper Gym   Lap Pool   Foreverwell®  

| MONDAY                                                     | TUESDAY                                                      | WEDNESDAY                                                 | THURSDAY                                                     | FRIDAY                                                 | SATURDAY                                                   | SUNDAY                                                |
|------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|
| 5:15 - 6:00am<br><b>TRX Circuit</b><br>w/ Kathy B.         | 5:15 - 6:00am<br><b>Cycle</b><br>w/ Julie T.                 | 5:15 - 6:00am<br><b>Body Strength</b><br>w/ Julie T.      | 5:15 - 6:00am<br><b>Cycle</b><br>w/ Julie T.                 | 5:15 - 6:00am<br><b>Body Strength</b><br>w/ Kathy B.   | 7:45 - 8:30am<br><b>Hustle &amp; Muscle</b><br>w/ Wendy F. | 11:00am- 12:00pm<br><b>Vinyasa Flow</b><br>w/ Abby M. |
| 8:30 - 9:15am<br><b>H2O Fit</b><br>w/ Cindy P.             | 8:30 - 9:15am<br><b>Aqua Zumba</b><br>w/ Christine S.        | 8:30 - 9:15am<br><b>H2O Fit</b><br>w/ Christine S.        | 8:30 - 9:15am<br><b>Strength/Stretch</b><br>w/ Christine S.  | 8:30 - 9:15am<br><b>H2O Fit</b><br>w/ Christine S.     | 9:00 - 9:45am<br><b>Cycle</b><br>Instructor Rotation       |                                                       |
| 9:00 - 9:45am<br><b>Hustle &amp; Muscle</b><br>w/ Wendy F. | 9:00 - 9:45am<br><b>Power Up</b><br>w/ Wendy F.              | 9:00 - 9:45am<br><b>Fit Step</b><br>w/ Wendy F.           | 9:00 - 9:45am<br><b>Power Up</b><br>w/ Wendy F.              | 8:30 - 9:00am<br><b>Step Express</b><br>w/ Wendy F.    | 10:15 - 10:45am<br><b>Battle Rope Int.</b><br>w/ Debra S.  |                                                       |
| 10:00 - 10:30am<br><b>Pilates Plus</b><br>w/ Wendy F.      | 9:50 - 10:35am<br><b>Gentle Yoga</b><br>w/ Christine         | 9:45 - 10:30am<br><b>Barre Basics</b><br>w/ Christine S.  | 9:50 - 10:35am<br><b>Gentle Yoga</b><br>w/ Christine S.      | 9:15 - 9:45am<br><b>Pilates</b><br>w/ Carin M.         | 11:00 - 11:30am<br><b>Power Yoga</b><br>w/ Debra S.        |                                                       |
| 4:30 - 5:30pm<br><b>Body Sculpt</b><br>w/ Katie B.         | 10:50 - 11:45am<br><b>Enhance Fitness</b><br>w/ Christine S. | 10:00 - 10:30am<br><b>Pilates</b><br>w/ Wendy F.          | 10:50 - 11:45am<br><b>Enhance Fitness</b><br>w/ Christine S. | 9:45 - 10:30am<br><b>Chair Yoga</b><br>w/ Christine S. |                                                            |                                                       |
| 4:45 - 5:15pm<br><b>Kickbox</b><br>w/ Rose D.              | 12:00 - 12:30pm<br><b>WOD</b><br>w/ Isabelle R.              | 10:45-11:30am<br><b>Chair Yoga</b><br>w/ Christine S.     | 12:00 - 12:30pm<br><b>WOD</b><br>w/ Isabelle R.              | 10:00 - 10:30am<br><b>Cycle</b><br>w/ Carin M.         |                                                            |                                                       |
| 5:30 - 6:15pm<br><b>Power Up</b><br>w/ Wendy F.            | 4:30 - 5:15pm<br><b>TRX Circuit</b><br>w/ Isabelle R.        | 4:30 - 5:30pm<br><b>Active Abs</b><br>w/ Katie B.         | 5:15 - 5:45pm<br><b>Zumba</b><br>w/ Mireya                   |                                                        |                                                            |                                                       |
|                                                            | 5:15 - 6:00pm<br><b>Zumba</b><br>w/ Geoff S.                 | 4:45 - 5:15pm<br><b>Kickbox</b><br>w/ Rose D.             | 5:30 - 6:15pm<br><b>Bike Bootcamp</b><br>w/ Debra S.         |                                                        |                                                            |                                                       |
|                                                            | 5:30 - 6:15pm<br><b>Bike Bootcamp</b><br>w/ Debra S.         | 5:30 - 6:15pm<br><b>Power Up</b><br>w/ Wendy F.           | 6:30 - 7:15pm<br><b>H2O Fit</b><br>w/ Christine S.           |                                                        |                                                            |                                                       |
|                                                            | 6:30 - 7:15pm<br><b>Aqua Zumba</b><br>w/ Christine S.        | 5:30 - 6:00pm<br><b>Yoga &amp; Pilates</b><br>w/ Debra S. |                                                              |                                                        |                                                            |                                                       |
|                                                            |                                                              | 7:00 - 7:45pm<br><b>VinYin Yoga</b><br>w/ Christine S.    |                                                              |                                                        |                                                            |                                                       |

**FOREVERWELL®: Geared to be:** Adaptive & Inclusive! Low impact functional movements and corrective exercise. **Targeting:** Balance, core & flexibility



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Revised August 13, 2026

# GROUP EXERCISE CLASS DESCRIPTIONS

## WATER FITNESS -

### AQUA ZUMBA★

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in our heated indoor pools. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class.

### DEEP WATER★★

Use an aqua belt to do higher intensity exercises that places less stress on your body because you're fully in the water!

Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance.

### H2O FIT★

This water fitness program provides a no-to low-impact but challenging cardiovascular workout. Participants may choose shallow or deep water. Noodles and styrofoam barbells are used to perform a variety of motions including water walking and running, abdominal work and toning exercises.

## MIND/BODY -

### GENTLE YOGA★

Joining body, mind, and spirit to achieve a full-body experience. While taking a moderate approach to the traditional yoga class.

### PILATES★★

Putting together a blend of mat work specific to the Pilates method. This will help create better posture, a heightened sense of precision and control on the mat.

### PILATES PLUS★★

Putting together a blend of mat work with the addition of extra equipment to enhance the workout. Each month focuses on a different piece of equipment.

### POWER YOGA★★★★

This is a power flow that may move at a faster pace or at a slower pace to feel the burn. Cardio and light weights may be added to help build strength. You will leave feeling strong and powerful.

### VIN YIN YOGA★

A combination of slow and flow yoga. You will experience moments of steady movements followed by less intense stretching periods.

### VINYASA FLOW★

Fluid yoga style blending movement, breath, and mindfulness to enhance strength, flexibility, and inner harmony for all levels.

## HIGH INTENSITY

### BATTLE ROPE INTERVAL★★★★

A fast paced class that utilizes battle ropes combined with other exercises to push your cardio and physical limits.

### BIKE BOOTCAMP★★

Combines cycling and strength training in one class. This workout is balanced and energizing for the whole body. It's the basis for a challenging, invigorating and well-rounded exercise regimen. Everything you love about

strength and cardio by blending cycling and strength training into one exceptional workout. With each workout planned to make multiple transitions between bike and floor while using body weight and dumbbells.

### CYCLE BOX★★★-★★★★

Our indoor cycling training combined with our classic kickboxing workout. Using bikes, bags, and gloves you will get a great balance of strength and cardio endurance all in one class.

### CYCLE/EXPRESS CYCLE★

Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclists work at their own level.

### EARLY BURN★★

Get a full body workout while using a variety of equipment to keep things interesting. Get your heart rate up with cardio and weights.

### FITSTEP★★

Energizing cardio workout stepping up and down on an adjustable bench to upbeat music.

### HUSTLE & MUSCLE★★

A fun total body workout that incorporates strength conditioning, cardio, interval training, and much more to achieve overall physical fitness. A wide variety of equipment may be used: kettlebells, steps, weights, etc.

### STEP EXPRESS★★

A quick 30-minute cardio workout stepping up and down on an adjustable bench to upbeat music.

### KICKBOX★★

Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout. We cannot provide wraps or gloves, please bring your own.

### WOD★★★★

Join others to do the workout of the day together, getting a great strength and cardio workout in just 30 minutes!

## SCULPT/TONE -

### ACTIVE ABS★★

Express class focusing on the core muscles of the body. It strengthens the abs and their opposing muscles as well as stabilizing them. Come to class warmed up

### BODY SCULPT★

Muscle conditioning class that provides a balanced total body workout.

### BODY STRENGTH★★

A full body workout that utilizes weights to help strengthen the body as a whole. You can expect to work all of your muscles in this early morning class to charge up for the day.

### POWER UP★★

Muscle conditioning class that provides a balanced total body workout.

### TRX★★★★

Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

### ZUMBA®★

A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Reggaeton, African Beats, Cumbia and Funk.

### FOREVERWELL®

*Our FOREVERWELL programs empower active aging and promote greater health, engagement, and accountability by providing members with regular senior-focused exercise classes and social opportunities. We encourage and empower members at every age and stage of life to enjoy greater physical activity, connectivity, and productivity. These classes are not age-defined.*

### BARRE BASICS★

Learn the basics of Barre with this supported, low impact-toning class. We will combine dance inspired moves with Pilates, yoga and strength training.

### CHAIR YOGA★

This class incorporates traditional yoga poses done while seated in a chair or using a chair for support while standing. Modifications to adapt the poses are given frequently. Best for those who have difficulty getting up/down from the floor.

### ENHANCE FITNESS★

Is a low impact/modified intensity fitness class. The class focuses on strength, flexibility and cardio endurance, set at a comfortable pace. Building social relationships and group support are key aspects of the program. This is a 16-week, evidence based program; developed for individuals suffering from arthritis.

### STRENGTH/STRETCH★

This class is designed for active adults ages 55 and older. You will use weights to tone and strengthen your entire body as well as perform sections of cardio exercise and stretching. Class offers options for sitting.

★ Can join with ease.

★★ Modifications might be needed

★★★ This class may take some time to get used too.

All classes are only as hard as the effort you put in. It's your workout.



Find your Y!