GROUP FITNESS CLASS SCHEDULE

Calhoun County YMCA – NOVEMBER 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

****CLASS SPACE IS LIMITED – FIRST COME FIRST SERVE****

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am 5:15am	**CYCLE** Gene in Studio 3 5:15-6:00am	**CORE & MORE** Chris in Studio 2 5:15-6:00am	**CYCLE** Gene in Studio 3 5:15-6:00am	**CORE & MORE** Chris in Studio 2 5:15-6:00am	**CYCLE & STRENGTH** Chris in Studio 3 5:00-5:45am	
8:15am	**ZUMBA** Yessy in Studio 2 8:15-9:15am		**ZUMBA STRONG** Juana in Studio 2 8:15-9:00am		**ZUMBA** Yessy in Studio 2 8:15-9:15am	
8:30am	**CYCLE** Alejandra in Studio 3 8:30-9:15am	**CYCLE** Alejandra in Studio 3 8:30-9:15am				
9:00am 9:30am	**SILVERSNEAKERS CLASSIC** Mischelle in Studio 2 9:30-10:15am	**STEPPING TO THE OLDIES** Joshalyn in Studio 2 9:30-10:15am	**SILVERSNEAKERS CIRCUIT** Mischelle in Studio 2 9:30-10:15am	**STEPPING TO THE OLDIES** Joshalyn in Studio 2 9:30-10:15am	**SILVERSNEAKERS CLASSIC** Mischelle in Studio 2 9:30-10:15am	**Y-FIT** Mari in Studio 1 9:00-10:00am
10:30am		**SILVERSNEAKERS BOOM MOVE** Mischelle in Studio 2 10:30-11:15am				
5:15pm 5:30pm	**YOGA** Joyce in Studio 2 5:15-6:15	**YOGA** Joyce in Studio 2 5:15-6:15		**YOGA FUSION** Joyce in Studio 2 5:15-6:00		
	Y-FIT Blanca in Studio 1 5:30-6:30pm	**Y-FIT** Blanca in Studio 1 5:15-6:15pm	**TAI CHI** SUSPENDED RESUMES DEC 2	**KETTLEBELLS** Blanca in Studio 1 5:15pm-6:15pm		
6:00pm 6:30pm 6:45pm	**ZUMBA** Yessy in Studio 2 6:30-7:30pm		**ZUMBA** Yessy in Studio 2 6:30-7:30pm	**CYCLE** Alejandra in Studio 3 6:00-6:45pm		
	BEGINNER CYCLE Rocio in Studio 3 6:45-7:45pm	**ZUMBA** Yessy in Studio 2 6:30-7:30pm		**ZUMBA** Yessy in Studio 2 6:30-7:30pm		

Ages 16 and older permitted in group fitness classes, unless otherwise noted

CLASS DESCRIPTIONS

ZUMBA Dance your way to a fitter you with unique music, Latin-inspired dance moves and rhythms!

Y-FIT Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

CORE & MORE A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

KETTLEBELLS Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

CYCLE Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

CYCLE & STRENGTH Combines indoor cycling with cardio and strength intervals for total body workout!

STEPPING TO THE OLDIES Improve cardiovascular fitness and muscle strength with this beginner-friendly, low-impact step class—bench optional—set to your favorite oldies hits!

TAI CHI A gentle, low-impact "meditation in motion" that combines slow, flowing movements, deep breathing, and focused mental concentration. Suitable for all fitness levels, these sessions improve balance, strength, flexibility, and stress reduction.

YOGA Calm your mind, build strength in the core and balance in the body, as well as increasing flexibility and range of motion.

YOGA FUSION A dynamic full-body workout that combines traditional yoga poses with core strengthening, body sculpting, balance training, mindful breathing, and deep stretching for a well-rounded practice.

SILVERSNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

SILVERSNEAKERS CIRCUIT Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS BOOM A higher intensity workout that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves then building into a more complex sequence.