GROUP EXERCISE

Dates: November 2026 Branch: MacColl YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body | Selena 7:15 AM – 8 AM	**Endurance Circuit | Selena** 5:15 AM – 6:15 AM	**Balance & Flex | Nisey** 5:30 AM – 6:30 AM	**Trekking | Selena** 5:15 AM – 6:15 AM	**Defend Together (3rd & 17th) Balance & Flex (10th & 24th) | Nisey** 5:30 AM – 6:30 AM	**Endurance Circuit | Stef B** 5:15 AM – 6 AM	**STT | Tammy** 7:15 AM – 8:15 AM
Yoga | Gabrielle 8:15 AM – 9:15 AM	**STT | Diane** 7:45 AM – 8:45 AM	**Pilates Fundamentals | Dionne** 7 AM – 7:45 AM	**POUND | Kat** 7 AM – 7:45 AM	**BodyPump | Corey** 9 AM – 10 AM	**Pilates Fundamentals | Dionne** 7:00 AM – 7:45 AM	**Spin | Stephanie** 7:15 AM – 8:15 AM
Spin | Selena 8:30 AM – 9:30 AM	**Power Yoga | Poyee** 9 AM – 10 AM	**Total Body | Diane** 7:45 AM – 8:45 AM	**Step Interval | Diane** 7:45 AM – 8:45 AM	**Spin | Selena** 9 AM – 9:45 AM	**Step Interval | Diane** 7:45 AM – 8:45 AM	**WERQ | Corey** 8:30 AM – 9:30 AM
Zumba | Nisey 9:30 AM – 10:30 AM	**Chair Yoga | Gerri** 10 AM – 11 AM	**BodyPump | Corey** 9 AM – 10 AM	**Yin Yoga | Poyee** 9 AM – 10 AM	**Aqua Blast | Selena** 10:30 AM – 11:15 AM	**Total Body | Corey** 9 AM – 10 AM	**Spin & Sculpt | Tami** 9 AM – 10 AM
STT | Nisey 10:45 AM – 11:45 AM	**WERQ | Corey** 10:15 AM – 11:15 AM	**Spin | Selena** 9 AM – 10 AM	**Aqua Tone & Balance | Ritchie** 9:30 AM – 10:30 AM	**Barre | Corey** 10:15 AM – 11:15 AM	**Aqua Blast | Ritchie** 9:30 AM – 10:30 AM	**Yoga | Gabrielle** 9:45 AM – 10:45 AM
	Aqua Tone | Ritchie 10:30 AM – 11:30 AM	**Aqua Blast | Selena** 10:30 AM – 11:15 AM	**Zumba | Nancy** 10:15 AM – 11:15 AM	**AOA | Selena** 11:30 AM – 12:20 PM	**Mat & Mobility | Gabrielle** 10:15 AM – 11:15 AM	**Zumba | Joanna** 11 AM – 12 PM
	Senior Fit | Peter 11:30 AM – 12:20 PM	**WERQ | Corey** 10:15 AM – 11:15 AM	**AOA | Nancy** 11:30 AM – 12:20 PM	**Defend Together | Nisey** 4:30 PM – 5:15 PM	**Chair Yoga & Meditation | Gerri** 11:30 AM – 12:45 PM	
	Bootcamp | Angel 3 PM – 3:50 PM 4 PM – 4:50 PM	**AOA | Kathleen** 11:30 AM – 12:20 PM	**WERQ | Kat** 4:30 PM – 5:15 PM	**WERQ | Corey** 5:15 PM – 6:15 PM	**Zumba | Holly** 5:30 PM – 6:30 PM	
	POUND | Kat 4:15 PM – 5:15 PM	**Pilates Fundamentals | Jadyn** 4:30 PM – 5:15 PM	**STT | Tammy** 5:15 PM – 6:15 PM	**Express Spin | Wendy** 5:30 PM – 6 PM	**WERQ | Corey** 6:45 PM – 7:45 PM	
	Body Pump | Corey 5:15 PM – 6:15 PM	**WERQ | Kat** 5:15 PM – 6:15 PM	**Spin | Holly B** 5:30 PM – 6:15 PM	**Total Body | Ritchie** 6:15 PM – 7:15 PM		
	WERQ | Kat 6:30 PM – 7:30 PM	**Spin | Barbara** 5:30 PM – 6:15 PM *starting Sept. 15	**Bootcamp | Kathleen** 6:30 PM – 7:30 PM	**Yoga | Maris** 7:15 PM – 8:15 PM		
	Yoga | Ritchie 7:30 PM – 8:30 PM	**HIIT | Selena** 6:15 PM – 7:15 PM		**Water Aerobics | Kim** 7 PM – 7:45 PM		
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For any class changes, cancellations, or reservations, scan here.

*Classes with a colored background denote changes to the class.

Locations & Color Key:

- Studio A
- Program Room 2
- Program Room 3
- Pool
- Fitness Floor
- Turf

Active Older Adults (AOA)
A low-impact workout using weights, elastic tubing, and body-weight exercises

Aqua Blast
Start your day with an energizing cardio, strength, and conditioning workout in water. Aqua weights are used, in addition to wall and balance exercises. Classes are held in the activity pool.

Aqua Tone
The moderately paced class is held in deeper water and focuses on toning and strengthening with aqua weights.

Aqua Tone & Balance
Moderate-paced class focusing on strength and conditioning using aqua weights. Balance and stretch exercises will be done at the end of class for a total body workout.

Balance & Flex
Balance & Flex Together is a 60-minute YMCA group exercise class that combines yoga and Pilates with athletic training to improve balance, flexibility, mobility, and core strength. The class is suitable for all levels, from beginners to athletes, and uses choreographed bodyweight movements, meditation, and breathwork.

Barre
This dynamic workout integrates elements of Pilates, dance, cardio, and strength training in a continuous flow to keep the heart rate elevated. Props such as hand weights or Toning Balls might be used to help challenge and increase those lean muscles!

Barre & Mobility
Fusion class which incorporates elements of pilates, strength training as well as stretching to help increase your range of motion and flexibility.

BodyPump
BodyPump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit - fast.

Bootcamp
Mid to high-level intensity workout that includes intervals of cardio and strength training exercises.

Defend Together
Defend Together is a exciting cardio workout fueled by MMA, Kickboxing, Muay Thai, Karate and Functional Training. Come try this fun, high energy class.

Cardio Conditioning
Get a total body workout designed to challenge you 20 minutes at a time with cardio, strength training and core.

Cardio Fusion
A fun Cardio and Strength class that uses various training methods such as HITT, Tabata, ReZist. Interval-based format for a total body workout.

Chair Yoga & Meditation
A chair assisted yoga class using light weights, straps with a focus on standing postures and balance. Mindful meditation with breath work and movement.

Endurance Circuit
A great mix of Cardio and Strength workouts to boost the start of your day!

HIIT
High-intensity cardio bursts are designed to tone your body, improve your endurance, and clear your mind.

Mat & Mobility
This class is a blend of yoga and pilates. Improve strength, flexibility, balance, and range of motion.

Mobility & More
This 45-minute class will focus on stretches to improve your flexibility and range of motion. It will also incorporate strength-based exercises for a total body workout.

Pilates Fundamentals
Learn the basic principles of Pilates in 45-minute class. Each class focuses on breath, alignment, and precision, to build core strength, improve posture and mobility. Movements are layered and adaptable, making this class accessible for all levels.

POUND
Pound is a Full body work out that combines cardio, strength training and conditioning with drumming.

Power Yoga
This 60-minute Power Yoga class blends breath-linked movement with dynamic postures to build strength, improve balance, and enhance mental clarity. Expect a full-body workout that also reduces stress and boosts resilience.

Senior Fit
Designed for an older adult, this class will help build strength and work on balance and mobility to keep you active and on your feet.

Spin
Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 14 people per class.

Spin & Core
This 45 minute class will include 30 minutes of spinning and 15 minutes of core exercises. This fun and fast class will challenge you on and off the bike!

Step Interval
One-hour Workout that improves cardiovascular fitness using a step platform, in addition to building total body strength with weights.

Strength Train Together
Sculpt your muscles with a high-rep weight training workout. Using a barbell, weight plates, and body weight, this workout uses functional integrated exercises.

Total Body Conditioning
You will get a full-body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head-to-toe workout!

Trekking
A 45-minute treadmill class that uses a variety of intervals with different work to rest ratios. Interval changes include speed or include sets that can vary between 30 seconds to 2 minutes. Recovery periods are built in as well, this class is for walkers or runners. Limited number of treadmills available.

Yin Yoga
Slow down and melt into stillness with this grounding Yin Yoga class, designed to stretch and nourish your fascia, joints, and connective tissues. Poses are held for 3–5 minutes to help promote mobility, circulation, and joint health.

Yoga
This class focuses on flexibility and sequencing of posture. Perfect for the body & mind. (Class style may vary depending on the instructor.)

Water Aerobics
Low to moderate impact cardio combined with strength training exercises, class is held in deeper water.

WERQ
A wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps

Zumba
A fusion of Latin, international music, and dance themes creating a dynamic, effective, and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms tone and sculpt.