



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GRANT COUNTY FAMIL YMCA  
PHONE: (765) 664-0544  
VISIT WWW.GCYMCA.ORG  
FOR UPDATES & CANCELLATIONS

# GROUP EXERCISE SCHEDULE

## MONDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
7:00-8:00 PM	Y-FIT	B

## TUESDAY

Time	Class	Location
8:00-9:00 AM	YIN-YOGA	B
6:00-6:45 PM	TABATA SPIN	A
7:15-8:00 PM	MUSCLEPUMP	B

## WEDNESDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G
10:00-11:00 AM	HIIT	B
1:00-2:30 PM	STEADY&STRONG**	B
5:30-6:30 PM	YOGA	B
6:00-6:45 PM	CYCLE SCULPT	A
7:00-8:00 PM	Y-FIT	B

## THURSDAY

Time	Class	Location
8:00-8:50 AM	YIN-YOGA	B
5:30-6:30 PM	KIDS DANCE	A
5:45-6:45 PM	DANCE CARDIO	B
7:15-8:00 PM	MUSCLE PUMP	B

## FRIDAY

Time	Class	Location
6:00-7:00 AM	YOGA	B
6:00-7:00 AM	POWER CYCLE	A
9:00-10:00 AM	ACTIVE OLDER ADULTS	G

## SATURDAY

Time	Class	Location
7:45-8:45 AM	CYCLE FIT	A
8:15-9:30 AM	MUSCLE - PUMP	B
9:45-10:30 AM	YOGA BEGIN	B

\*Schedule Updated 5.13..2025

LOCATION KEY:  
A- GROUP EXERCISE STUDIO A  
B- GROUP EXERCISE STUDIO B

CLASSES MARKED WITH \*\*  
PLEASE ASK THE FRONT DESK STAFF FOR MORE INFORMATION.

## GROUP EXERCISE CLASS DESCRIPTION

**CYCLE FIT**– Join a Saturday Morning Spin class with an upbeat spin to training.

**CYCLE SCULPT**– This spin class incorporates some weightlifting on and off the bike! Join a fun class with a different spin on spinning.

**DANCE CARDIO**– Combine dance with cardio to get a fun upbeat workout!

**HIIT** – This class is a mixture of Kickfit, Step, Weights, and High Intensity Circuit Training. They meet on Monday and Wednesday Mornings.

**KIDS DANCE**- We are bringing a new fun class for kids! This will be 45 minutes of fun music, laughter, and a fun way for kids to move their bodies. Kids Dance will be taught by a Dance instructor!

**MUSCLE PUMP** – A barbell workout that incorporates all muscle groups. In this class you will work on endurance and strength!

**POWER CYCLE** - Power through a spin class that is geared toward pushing hills and resistance.

**TABATA SPIN**– This spin class incorporates a tabata spin on things, 20 seconds on followed by 10 seconds of rest.

**Y-FIT** – Is a challenging circuit style class for all ages and fitness levels and its FUN!

**YIN YOGA** – Focuses on breath control, meditation and deep stretching to improve overall health and relaxation.

**YOGA BEGIN** – Is for anyone who would like to increase their flexibility and range of motion. Use equipment such as foam rollers, exercise balls, and balancing blocks to relieve tension from and increase blood flow to muscle tissues.

**YOGA PM**– Is for anyone who would like to increase their flexibility and endurance. This yoga class stretches the muscles while also giving you a great workout.

**YOGA AM** – Relax in the mornings with a 6am yoga class. In this class you can get a deep stretch before starting your day.

