GRANT COUNTY FAMILY YMCA
WINTER 2026 GROUP EX SCHEDULE
NOVEMBER 1- DECEMBER 31, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 AM	YOGA Studio B-LeeAnn		YOGA Studio B-LeeAnn		YOGA Studio B-LeeAnn		
6:00 - 7:30 AM	POWER CYCLE Studio A- Justine		POWER CYCLE Studio A-Justine		POWER CYCLE Studio A-Justine	7:45-8:45 AM POWER CYCLE Studio A- Justine	
7:00 - 8:00 AM							
8:00 - 9:00AM	WATER AEROBICS Pool-Janet	YiIN-YOGA Studio B-Maggie	WATER AEROBICS Pool-Janet	YIN-YOGA Studio B-Maggie	WATER AEROBICS Pool-Janet	8:15-9:30 AM MUSCLE PUMP Studio B-Susan	
9:00 - 10:00AM	Silver Sneakers Gym-Kim		Silver Sneakers Gym-Kim		Silver Sneakers Gym-Kim	9:45-10:30 AM YOGA Studio B-Charles	
9:00 - 10:00 AM	WATER AEROBICS Pool-Julie	Silver Sneakers Chair Yoga Studio B-Loretta	WATER AEROBICS Pool-Julie	Silver Sneakers Chair Yoga Stuido B-Loretta	WATER AEROBICS Pool-Julie		
10:00-11:00 AM	HIIT WEIGHTS Studio B-Sierra		Pilates Foundations (Mat) Studio B-Kimberly		HIIT WEIGHTS Studio B- Joy		
11:00-1:00 PM							
1:00-2:30 PM	*Steady&Strong Studio B-Kim			*Steady&Strong Studio B-Kim			
2:30-5:00 PM							
5:00-6:00 PM		*TAEKWONDO UpperGym-Joe		*TAEKWONDO UpperGym-Joe			
5:00-6:00 PM	*Boxing-HOOK Gymnasium Stage	*Boxing-HOOK Gymnasium Stage	*Boxing-HOOK Gymnasium Stage	*Boxing-HOOK Gymnasium Stage	*Boxing-HOOK Gymnasium Stage		
5:30-6:30 PM	YOGA Studio B-Justine	YOGA Studio B-Loretta	YOGA Studio B-Justine	YOGA Studio A-Loretta			
5:30-6:30 PM	WATER AEROBICS Pool-Mari		WATER AEROBICS Studio B-Mari	5:45-6:45 CARDIO DANCE Studio B-Missy			
6:00-7:00 PM	*JUDO-UpperGym 6-12 YEARS	TABATA SPIN Studio A-Caitlin		*JUDO-Uppergyn 6-12 YEARS			
7:00-8:00 PM	Y-FIT Studio B-Tim		Y-FIT Studio B-Tim				
7:00-8:00 PM	*JUDO-Uppergym Adult/Adv. Youth			*JUDO-Uppergym Adult/Adv.Youth			
7:15-8:15 PM		MUSCLE PUMP Studio B-Susan		MUSCLE PUMP Studio B-Susan			

TAEKWONDO | BOXING | YOGA | WEIGHT TRAINING | JUDO | WATER | SENIOR | CYCLING

View the most up to date schedule online at **GCYMCA.org**

GROUP EXERCISE CLASS DESCRIPTION

***BOXING–** Focuses on learning the fundamentals of boxing through striking and heavy bag work. Participants will practice basic punches, combinations, and footwork. *Please note: This class is not run by the YMCA. It is offered by an independent affiliate program with their own instructors, who manage instruction and class operations.

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

HIIT– Is a high-energy workout combining strength training and cardio through timed circuits. Move through stations using dumbbells and bodyweight exercises to build strength, boost endurance, and burn calories.

***JUDO ADULTS/ADV. YOUTH–** Is a dynamic martial arts class focused on advanced technique, balance, and controlled throws. Participants will build strength, agility, and discipline while refining skills through drills and partner practice. *Please note: This class is not run by the YMCA. It is offered by an independent affiliate program with their own instructors, who manage instruction and class operations.

***JUDO 6-12 YEARS OLD–** A dynamic martial arts class that focuses on balance, technique, and controlled throws. Youth ages 6-12 will learn fundamental skills, build strength and coordination, and practice discipline in a fun and supportive environment. *Please note: This class is not run by the YMCA. It is offered by an independent affiliate program with their own instructors, who manage instruction and class operations.

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

PILATES FOUNDATIONS– Is a beginner-friendly class focused on building core strength, stability, and body awareness. Learn the fundamental Pilates movements and proper form through controlled exercises performed on the mat.

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

SPIN– Ride through intervals, climbs, and sprints set to motivating music while controlling your own resistance and pace.

***STEADY&STRONG-** Is a specialized exercise program designed to help individuals with Parkinson's improve strength, balance, mobility, and confidence through guided movement and functional exercises. *Please note: This is a closed class, and participants must complete an evaluation before joining. A Parkinson's diagnosis from a physician is required prior to participation to ensure the program is appropriate and safe for each individual.

***TAEKWONDO-** A dynamic martial arts class that focuses on kicks, strikes, discipline, and self-defense techniques. Participants will build strength, coordination, flexibility, and confidence while learning traditional Taekwondo skills. *Please note: This class is not run by the YMCA. It is offered by an independent affiliate program with their own instructors, who manage instruction and class operations.

Y-FIT– A fun, full-body workout using creative movements and challenging circuits to build strength and endurance. Move through a variety of stations with weights and functional exercises that keep things fresh, engaging, and effective.

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 foamrollers, exerciseballs, and balancing blocks to relieve tension from and increase bloodflow 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.

WATER AEROBICS– A low-impact, full-body workout performed in the pool to improve strength, endurance, and flexibility. The water provides natural resistance while being gentle on the joints.

Silver Sneakers Yoga– 65+ older adults chair yoga. This chair yoga class helps older adults learn stretches, balance, breathing control, and relaxation.