

GROUP EXERCISE SCHEDULE

JANUARY/FEBRUARY
JANUARY 2–FEBRUARY 28



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
7:45 AM–8:45 AM	EZ'S Strength Fusion	TRX Studio (Upstairs)	Elijah
8:30 AM–9:30 AM	Cycling	Lower Level Studio	Linda
8:30 AM–9:30 AM	Aligned & Defined	Aerobics Studio	Lyndsie
9:00 AM–10:00 AM	TRX– Suspension Training	TRX Studio (Upstairs)	Andrea G.
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
12:15 PM–12:45 PM	Core & More	Aerobics Studio	Karen
1:00 PM–2:00 PM	Mastering Mobility	Aerobics Studio	Caroline
4:00 PM–5:00 PM	Drenched	Aerobics Studio	Karen
5:30 PM–6:30 PM	Cycling	Lower Level Studio	Mary Eileen
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Michael
6:45 PM–7:45 PM	Mobility Fusion	Aerobics Studio	Caroline

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT The Ground Running	NW Court (Upstairs)	Christine
8:00 AM–9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30 AM–9:30 AM	Cycle & Core	Lower Level Studio	Karen
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
10:30 AM–11:30 AM	Tai Chi for Health and Fall Prevention	Aerobics Studio	Dr. Greg
12:15 PM–12:45 PM	Blitz Fit	Aerobics Studio	Kara
5:30 PM–6:30 PM	Yoga	Aerobics Studio	Karrey
5:30 PM–6:30 PM	Strength Bootcamp	TRX Studio (Upstairs)	Caroline
5:30 PM–6:30 PM	Cycling	Lower Level Studio	Monica
6:45 PM–7:45 PM	SHINE Dance Fitness	Aerobics Studio	Jody

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
7:45 AM–8:45 AM	EZ's Strength Fusion	TRX Studio (Upstairs)	Elijah
8:00 AM–9:00 AM	Yoga Fundamentals	Aerobics Studio	Tom
8:30 AM–9:30 AM	Cycling	Lower Level Studio	Mary-Eileen
9:00 AM–10:00 AM	TRX– Suspension Training	TRX Studio (Upstairs)	Andrea G.
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
12:15 PM–12:45 PM	Cycle Express	Lower Level Studio	Karen
1:00 PM–2:00 PM	Mastering Mobility	Aerobics Studio	Caroline

The Dow Bay Area Family YMCA reserves the right to make changes to this schedule.

 = New class, time, instructor, or location change

WED

TIME	CLASS	LOCATION	INSTRUCTOR
4:15 PM–5:15 PM	Zumba	Aerobics Studio	Amanda
4:30 PM–5:30 PM	Cycling	Lower Level Studio	Mary–Eileen
5:30 PM–6:30 PM	Total Body Blast	Aerobics Studio	Christine
6:30 PM–7:15 PM	Tai Chi	Aerobics Studio	Dr. Greg
7:15 PM–8:00 PM	Advanced Tai Chi	Aerobics Studio	Dr. Greg

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT Training	NW Court	Annika
5:30 AM–6:30 AM	Cycle/Strength	Lower Level Studio	Karen
5:45 AM–6:45 AM	Rhythm Pilates	Aerobics Studio	Lyndsie
8:00 AM–9:00 AM	Cardio+Sculpt	Aerobics Studio	Annika
9:00 AM–10:00 AM	Cycle & Strength	Lower Level Studio	Karen
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
12:15 PM–12:45 PM	Power 30	Aerobics Studio	Karen
4:15 PM–5:15 PM	Body Sculpt	Aerobics Studio	Amanda
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Brandy
6:00 PM–7:00 PM	Cycling	Lower Level Studio	Sue
6:45 PM–7:45 PM	SHiNE Dance Fitness	Aerobics Studio	Jody

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Cycling	Lower Level Studio	Monica
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
7:15 AM–8:15 AM	Strong Core	Aerobics Studio	Amanda
8:30 AM–9:30 AM	On the Ball	Aerobics Studio	Christine
9:00 AM–10:00 AM	Power Circuit	TRX Studio	Amanda
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:30 AM–12:30 PM	Intermediate Mastering Mobility	Aerobics Studio	Caroline
5:30 PM–6:30 PM	Hatha Flow Yoga	Aerobics Studio	Cindy
6:45 PM–7:45 PM	Uplift	Aerobics Studio	Jody

SAT

TIME	CLASS	LOCATION	INSTRUCTOR
7:15 AM–8:00 AM	Pilates Remix	Aerobics Studio	Christine
8:00 AM–9:00 AM	Saturday Sweat Sesh	TRX Studio (Upstairs)	Amanda
9:00 AM–10:00 AM	Cycling	Lower Level Studio	Sue
9:30 AM–10:30 AM	Zumba	Aerobics Studio	Brandy
11:00 AM–12:00 PM	Hatha Yoga	Aerobics Studio	Cindy

SUN

TIME	CLASS	LOCATION	INSTRUCTOR
9:30 AM–10:30 AM	Strength Circuit	Aerobics Studio	Annika
10:45 AM–11:45 AM	Uplift	Aerobics Studio	Jody
3:30 PM–4:30 PM	Chakra Yoga	Aerobics Studio	Cindy



Use the QR code to down load the Team Reach App to stay connected with Group Exercise changes or cancellations

The Dow Bay Area Family YMCA reserves the right to make changes to this schedule.

New class, time, instructor, or location change



WATER AEROBICS SCHEDULE

2026

Monday

8:30 AM–9:15 AM	AquaFitness Plus	Abby
9:30 AM–10:15 AM	AquaFitness	Abby
10:30 AM–11:00 PM	Ai Chi	Rob
6:00 PM–7:00 PM	AquaFitness Plus	Veva

Tuesday

8:30 AM–9:15 AM	AquaFitness Plus	Will
9:30 AM–10:15 AM	AquaFitness	Will
10:30 AM–11:15 AM	AquaTone	Karen
6:00 PM–7:00 PM	Hydro Revolution	Ox

Wednesday

7:30 AM–8:15 AM	AquaTone	Karen
8:30 AM–9:15 AM	AquaTone	Karen
9:30 AM–10:15 AM	AquaFitness Plus	Veva
10:30 AM–11:15 AM	AquaFitness	Veva
6:00 PM–7:00 PM	Deep Water Aerobics	Ox

Thursday

7:30 AM–8:15 AM	Aqua Tone	Karen
8:30 AM–9:15 AM	AquaFitness Plus	Anna
9:30 AM–10:15 AM	AquaFitness	Anna
6:00 PM–7:00 PM	AquaFitness Plus	Veva

Friday

8:30 AM–9:15 AM	AquaFusion	Rob
9:30 AM–10:15 AM	Gentle AquaFusion	Rob
12:15 PM–12:45 PM	Aqua Barre	Anna