



GROUP EXERCISE SCHEDULE

SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10A WATER ARTHRITIS/ANNETTE 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 11A YOGA/ANNETTE 12:15P CHAIR YOGA/ANNETTE 1P SILVER SNEAKERS/VALERIE	2 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	3 9A YOGA/ILISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	4 6:10A NO CYCLE CLASS 11A WATER AEROBICS/LULU 12P ZUMBA/AMANDA	5 10A ZUMBA/CYNTHIA
6	7 CLOSED LABOR DAY	8 10A WATER ARTHRITIS/ANNETTE 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 11A YOGA/ANNETTE 12:15P CHAIR YOGA/ANNETTE 1P SILVER SNEAKERS/VALERIE	9 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	10 9A YOGA/ILISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	11 6:10A CYCLE/BETH 11A WATER AEROBICS/LULU 12P ZUMBA/AMANDA	12 10A ZUMBA/CYNTHIA
13	14 6A CYCLE/BETH 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 5:15P NO CLASS	15 10A WATER ARTHRITIS/ANNETTE 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 11A YOGA/ANNETTE 12:15P CHAIR YOGA/ANNETTE 1P SILVER SNEAKERS/VALERIE	16 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	17 9A YOGA/ILISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	18 6:10A CYCLE/BETH 11A WATER AEROBICS/LULU 12P ZUMBA/AMANDA	19 10A ZUMBA/CYNTHIA
20	21 6A CYCLE/BETH 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 5:15P NO CLASS	22 10A WATER ARTHRITIS/ANNETTE 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 11A YOGA/ANNETTE 12:15P CHAIR YOGA/ANNETTE 1P SILVER SNEAKERS/VALERIE	23 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	24 9A YOGA/ILISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	25 6:10A CYCLE/BETH 11A WATER AEROBICS/LULU 12P ZUMBA/AMANDA	26 10A ZUMBA/CYNTHIA
27	28 6A NO CYCLE CLASS 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 5:15P TOTAL BODY BURN/JEFF	29 10A WATER ARTHRITIS/ANNETTE 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 11A YOGA/ANNETTE 12:15P CHAIR YOGA/ANNETTE 1P SILVER SNEAKERS/VALERIE	30 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA			

SCHEDULE SUBJECT TO CHANGE. PLEASE CHECK THE YMCA WEBSITE OR FRONT DESK FOR THE MOST UP TO DATE INFORMATION.