



GROUP EXERCISE SCHEDULE

october 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9A YOGA/LISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/DOT 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	2 6A CYCLE/BETH 11A AQUA ZUMBA/LULU 12P ZUMBA/AMANDA	3 10A ZUMBA/CYNTHIA
4	5 6A CYCLE/BETH 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 1P CHAIR YOGA/ANNETTE 5:15P TOTAL BODY BURN/JEFF	6 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/VALERIE	7 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	8 9A YOGA/LISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	9 6A CYCLE/NO CYCLE CLASS 11A AQUA ZUMBA/LULU 12P ZUMBA/AMANDA	10 10A ZUMBA/CYNTHIA
11	12 6A CYCLE/NO CYCLE CLASS 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/VALERIE 12:15P ZUMBA CHAIR/LISA 1P CHAIR YOGA/ANNETTE 5:15P TOTAL BODY BURN/JEFF	13 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/VALERIE	14 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/MARCIA 11A TABATA/JEFF 5:15 POUND/SANDRA	15 9A YOGA/LISE 10:15 NO CLASS 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	16 6A CYCLE/BETH 11A AQUA ZUMBA/LULU 12P ZUMBA/LULU	17 10A ZUMBA/CYNTHIA
18	19 6A CYCLE/BETH 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 1P CHAIR YOGA/ANNETTE 5:15P TOTAL BODY BURN/JEFF	20 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/VALERIE	21 6A CYCLE/BETH 10A ZUMBA TONING/AMANDA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	22 9A YOGA/LISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	23 6A CYCLE/BETH 11A AQUA ZUMBA/LISA 12P ZUMBA/AMANDA BREAST CANCER AWARENESS ZUMBA CLASS 	24 10A ZUMBA/CYNTHIA
25	26 6A CYCLE/BETH 9A TOTAL BODY BURN/JEFF 10A ARTHRITIS/DEBBIE 11A PRACTICAL PILATES/ANNETTE 11A WATER AEROBICS/DOT 12:15P ZUMBA CHAIR/LISA 1P CHAIR YOGA/ANNETTE 5:15P TOTAL BODY BURN/JEFF	27 10A EARN IT, BURN IT/JEFF 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/VALERIE	28 6A CYCLE/BETH 10A ZUMBA TONING/LISA 11A WATER AEROBICS/DOT 11A TABATA/JEFF 5:15 POUND/SANDRA	29 9A YOGA/LISE 10:15 ZUMBA TONING/AMANDA 11A WATER AEROBICS/VALERIE 1P SILVER SNEAKERS/DEBBIE 5:15P CYCLE/MARCIA	30 6A NO CYCLE CLASS 11A AQUA ZUMBA/LULU 12P ZUMBA/AMANDA wear orange or black	31 10A ZUMBA/CYNTHIA halloween zumba class 

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