



Group Fitness Schedule

Winona Family YMCA

Effective September 5, 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:15 HIIT w/Nicolle T. Fitness Studio	5:30 – 6:30 BODYPUMP w/Carol GYM	5:30 – 6:15 PiYo w/Carol Fitness Studio	5:30 – 6:30 BODYPUMP w/Connie GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	7:00 – 8:00 BODYPUMP w/Rose GYM	11:00 – 11:50 Stretch & Flex w/Nicole V. Fitness Studio
ON PAUSE	8:00 – 9:00 BODYPUMP w/Renee GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	8:00 – 9:00 BODYPUMP w/Angela GYM	ON PAUSE	9:00 – 9:50 HIIT w/ Sarah Fitness Studio	12:00 – 1:00 BODYPUMP w/Carol GYM
8:00 – 8:45 Pilates w/Sonja Fitness Studio	9:00 – 9:50 Cardio Blast w/Danielle Fitness Studio	ON PAUSE	9:00 – 9:45 Barre w/Melissa Fitness Studio	6:00 – 6:50 Barre w/Thomas Fitness Studio	9:00 – 9:45 Group Cycle w/ Rotation Cycle Studio	1:00 – 1:50 Yoga/Renee Fitness Studio
9:00 – 9:45 Barre w/Sarah Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	8:00 – 8:45 Body Sculpt w/Angela GYM	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	8:00 – 8:45 Pilates w/Angela Fitness Studio	10:00 – 10:50 Zumba w/Tesla Clara Barton Room	
10:00 – 10:45 Active Older Adult Fitness w/Pat Clara Barton Room	10:00 – 11:00 Yoga w/Kassie Fitness Studio	9:00 – 9:50 HIIT w/Melissa Fitness Studio	10:00 – 10:50 Yoga w/Tesla Fitness Studio	9:00 – 9:50 Zumba w/Jacque P. Fitness Studio	10:00 – 10:50 Barre w/Nicole V. Fitness Studio	
10:00 – 10:50 Gentle Yoga w/Tammy Fitness Studio	12:00 – 1:00 20/20/20 w/Jackie G. Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Jacob Clara Barton Room	12:00 – 12:50 Tabata w/Danielle Fitness Studio	9:00 – 9:30 Cycle Express w/Jackie G. Cycle Studio		
12:00 – 12:50 Zumba w/Jackie G. Fitness Studio	4:00 – 4:50 Beginner Yoga/Kassie Fitness Studio	10:00 – 11:00 Line Dancing w/Amanda Fitness Studio	5:00 – 6:00 Yoga w/Sherry Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Danielle Clara Barton Room		
5:00 – 6:00 BODYPUMP w/Angela GYM	5:00 – 6:00 Barre w/Connie Fitness Studio	12:00 – 1:00 BODYPUMP w/Connie GYM	5:30 – 6:15 Group Cycle w/Ryan Cycle Studio	11:00 – 12:00 Line Dancing w/Becky Fitness Studio		
5:00 – 6:00 Yoga Sculpt w/Sam Fitness Studio	5:00 – 6:00 Prenatal Yoga w/Renee Clara Barton Room	4:00 – 4:50 Yoga w/Alanna Fitness Studio	6:00 – 7:00 BODYPUMP w/Kim GYM	12:00 – 1:00 BODYPUMP w/Josh GYM		
5:00 – 5:30 Cycle Express w/Connie Cycle Studio		5:00 – 5:50 Zumba w/Jacque P. Fitness Studio		All Classes: Please bring your own mat, water, and sweat towel. Schedule subject to change. Rooms are available for set up 15 minutes before class. We only cancel classes when absolutely necessary.		
5:30 – 6:00 Cycle Express w/Connie Cycle Studio		6:00 – 6:50 Stretch & Flex w/Nicole V. Fitness Studio				