



Group Fitness Schedule

Winona Family YMCA

Effective December 1st, 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
6:00–7:00 Intervals w/ Kathy Gym	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	6:00–7:00 Fun Fit Friday w/ Kathy Gym	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/Donielle Fitness Studio	6:00–7:00 Strength & Conditioning w/Kathy Gym	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 w/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/Jackie Clara Barton Room	12:00 – 12:50 Tabata w/Donielle 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 M. Fitness Studio	4:00 – 4:45 TRX w/Hailey Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Donielle 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	5:00 – 6:00 Yoga w/Sherry Fitness Studio	11:00 – 12:00 Barre w/Amanda B. 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	5:30 – 6:15 Group Cycle w/Ryan Cycle Studio	12:00 – 1:00 BODYPUMP w/Josh Gym		
5:30 – 6:15 Group Cycle w/Grace Cycle Studio		5:00 – 5:50 Zumba w/Jacque P. Fitness Studio	6:00 – 7:00 BODYPUMP w/Kim Gym	<p>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. Sign up to receive email notifications of class cancellations at www.winonaymca.org/about-y.</p>		
6:15 – 7:00 TRX w/Parker/Hailey Fitness Studio		6:00 – 6:50 Stretch & Flex w/Nicole V. Fitness Studio				