Winona Family YMCA
GROUP FITNESS
Class Schedule

Effective May 19, 2025

Please bring your own mat, water and sweat towels. Schedule subject to change.

Black= Fitness Studio, Pink=Clara Barton Room, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool

MONDAY

5:30AM	HIIT
6:00AM	Manic Monday
8:00AM	Pilates
8:00AM	AquaFit
9:00AM	Barre
10:00AM	Active Older Adults
10:00AM	Gentle Yoga
12:00PM	Zumba
1:00PM	AquaFit
5:00PM	BODYPUMP
5:00PM	Yoga Sculpt
5:30PM	Group Cycle
6:15PM	TRX*

WEDNESDAY

5:30AM	Cycle Express
5:30AM	PiYo
6:00AM	AquaFit
8:00AM	Body Sculpt
8:00AM	AquaFit
9:00AM	HIIT
10:00AM	Active Older Adults
10:00AM	Line Dancing
12:00PM	BODYPUMP
1:00PM	AquaFit
4:00PM	Yoga
5:00PM	Zumba
5:30PM	Group Cycle
6:00PM	Stretch & Flex

FRIDAY

5:30AM	Cycle Express
6:00AM	Fun Fit Friday
6:00AM	Yoga Sculpt
8:00AM	Pilates
8:00AM	AquaFit
9:00AM	Zumba
9:00AM	Cycle Express
10:00AM	Active Older Adults
11:00AM	Beginner Line Dancing
12:00PM	BODY PUMP
1:00PM	AquaFit

TUESDAY

5:30AM	BODYPUMP
8:00AM	BODYPUMP
8:00AM	AquaFit
9:00AM	Cardio Blast
10:00AM	QiGong/TaiChi
10:00AM	Yoga
12:00PM	20/20/20
4:00PM	Beginner Yoga
5:00PM	Barre
6:00PM	AquaFit

THURSDAY

5:30AM	BODYPUMP
8:00AM	BODYPUMP
8:00AM	AquaFit
9:00AM	Barre
10:00AM	QiGong/TaiChi
10:00AM	Yoga
12:00PM	Cardio Blast
4:00PM	TRX*
5:00PM	Yoga
6:00PM	BODYPUMP
6:00PM	AquaFit
6:00PM	Prenatal Yoga*

SATURDAY

7:00AM	BODYPUMP
9:00AM	HIIT
9:00AM	Group Cycle
10:00AM	Zumba
10:00AM	Barre

SUNDAY

11:00AM	Stretch & Flex
12:00 PM	BODYPUMP
1:00 PM	Zumba

*Reservations Required

RESERVATIONS

Reservations are required for Kids Corner & Prenatal Yoga and TRX

NEWS BLASTS

Stay up to date on area specific updates such as class cancellations and unplanned area closures.

CLASS DESCRIPTIONS

For full class descriptions, please visit the website or scan here:

KID'S CORNER

Reservations required.
Monday–Thursday: 8–11am and 5–7pm
Friday: 8–10am
Saturday: 9–11am