

Winona Family YMCA

GROUP FITNESS

Class Schedule



Effective June 9 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
8:00AM Pilates
9:00AM Barre
10:00AM Active Older Adults
10:00AM Gentle Yoga
12:00PM Zumba
5:00PM BODYPUMP
5:00PM Zumba
6:15PM TRX*

WEDNESDAY

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

FRIDAY

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

TUESDAY

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

THURSDAY

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

SATURDAY

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

SUNDAY

No Fitness Classes.
Facility closed. 24/7 Access
holders have access to the
Wellness Center, Gymnasium
and Racquetball Courts outside
of regular business hours.

*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

