

Winona Family YMCA

GROUP FITNESS

Class Schedule



Effective 4/6/26

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 Aqua Fit
- 8:00AM Pilates
- 9:00AM Barre
- 10:00AM FOREVERWELL® Strength & Cardio
- 10:00AM Gentle Yoga
- 12:00PM Zumba
- 1:00PM Aqua Fit
- 5:00PM BODYPUMP
- 5:00PM Zumba
- 5:30PM Group Cycle
- 6:15PM TRX*

WEDNESDAY

- 5:30AM Cycle Express
- 5:30AM PiYo
- 8:00AM Aqua Fit
- 8:00AM Body Sculpt
- 9:00AM HIIT
- 10:00AM FOREVERWELL® Strength & Cardio
- 10:00AM Line Dancing
- 12:00PM BODYPUMP
- 1:00PM Aqua Fit
- 4:00PM Yoga
- 5:00PM Zumba
- 5:30PM Group Cycle
- 6:00PM Stretch & Flex
- 6:00PM Aqua Zumba

FRIDAY

- 5:30AM Cycle Express
- 8:00AM Aqua Fit
- 8:00AM Pilates
- 9:00AM Zumba
- 9:00AM Cycle Express
- 10:00AM FOREVERWELL® Strength & Cardio
- 11:00AM Beginner Line Dancing
- 12:00PM BODY PUMP
- 1:00PM Aqua Fit

TUESDAY

- 5:15AM BODYPUMP
- 8:00AM Aqua Fit
- 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
- 6:00PM Aqua Fit

THURSDAY

- 5:15AM BODYPUMP
- 8:00AM Aqua Fit
- 8:00AM BODYPUMP
- 9:00AM Barre
- 10:00AM QiGong/TaiChi
- 10:00AM Yoga
- 12:00PM Cardio Blast
- 4:00PM TRX*
- 5:00PM Pilates
- 6:00PM BODYPUMP
- 6:00PM Aqua Fit

SATURDAY

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

SUNDAY

- 11:00AM Stretch & Flex
- 12:00PM BODYPUMP

*Reservations Required

RESERVATIONS

Reservations are required for Kids Corner & 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

