

R.C. Durr YMCA Group Fitness



Active Older Adult

Monday/Wednesday	12:00 p.m.	Silver Sneakers Classic w/Holly R.
Tuesday/Thursday	9:00 a.m.	AOA Strength Training w/Kristin
Tuesday	12:00 p.m.	Silver Sneakers Yoga w/Sara D.
Tuesday	1:30 p.m.	Senior Fitness Boot Camp w/Jimmy
Thursday	1:30 p.m.	Senior Fitness Boot Camp w/Volunteer
Friday	12:15 p.m.	Tai Chi for Arthritis w/Phoenix

Barre

Tuesday	8:00 a.m.	Kristin
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Cardio/Strength

Monday	9:00 a.m.	Freestyle Fitness w/Stephanie
Monday	5:45 p.m.	Freestyle Fitness w/Kristin
Tuesday	10:15 a.m.	HIIT w/Holly H.
Tuesday	5:45 p.m.	Variety Sculpt w/Stacy
Wednesday	7:00 p.m.	Variety Sculpt w/Bridget
Wednesday/Thursday	8:00 a.m.	Variety Sculpt w/Kristin
Friday	10:15 a.m.	Cardio Sculpt w/Stacy

Cycling

Tuesday	5:15 a.m.	Elizabeth
Wednesday	5:45 p.m.	Crystal
Thursday	5:45 p.m.	Stacy
Saturday	7:30 a.m.	Elizabeth

Defend Together

Monday	10:15 a.m.	Holly H.
Wednesday	9:00 a.m.	Holly H.
Friday	8:00 a.m.	Stephanie
4th Monday of each month	5:45 p.m.	Kristin

Strength Train Together

Monday/Friday	9:00 a.m.	Holly H.
Monday	7:00 p.m.	Bridget
Wednesday	10:15 a.m.	Stephanie
Thursday	6:45 p.m.	Bridget
Saturday	9:45 a.m.	Bridget

Water Fitness

Monday/Wednesday/Friday	10:00 a.m.	Shallow-Sally/Jane/Jane
Tuesday/Thursday	10:00 a.m.	Deep w/Sally
Tuesday/Thursday	11:00 a.m.	Shallow-Jane/Elizabeth
Tuesday	6:00 p.m.	Deep w/Sarah H.
Wednesday	9:00 a.m.	Deep w/Jane
Thursday	6:00 p.m.	Shallow w/Sarah H.
Friday	9:00 a.m.	Deep w/Jane
Saturday	8:00 a.m.	Deep w/Sarah H.

Yoga

Tuesday	7:00 p.m.	Sara D.
Thursday	10:15 a.m.	Sara D.
Friday	11:15 a.m.	Phoenix
Saturday	11:00 a.m.	Sara D.

Zumba/Dance Fitness

Tuesday/Thursday	9:00 a.m.	Zumba w/Holly H.
Wednesday	5:45 p.m.	Dance Fitness w/Emily

MoveStrong®*

Small Group Performance Training

*Fee based class. Must purchase package prior to registering for class-info in MyY App/Programs

Monday/Friday	5:30 a.m.	Mary
Monday/Wednesday	7:00 p.m.	Crystal
Tuesday/Thursday/Friday	11:30 a.m.	Holly/Crystal/Crystal
Wednesday	4:00 p.m.	Parker
Saturday	8:45 a.m.	Bridget

Desktop sign-up available MyY.org/schedules
Reservations open 48 hours before designated time of space.

