



MISSOULA FAMILY YMCA GROUP EXERCISE SCHEDULE June 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL CLASSES ARE OFFERED IN-PERSON AND SOME WILL ALSO BE VIRTUAL*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	BODYPUMP™ 5:30-6:30am Kellie - GYM	Sunrise Yoga* 6:00-7:00am Missy - Studio	BODYPUMP™ 5:30-6:30am Lynn - GYM	Sunrise Yoga* 6:00-7:00am Missy - Studio	Barre HIIT* 6:00-7:00am Missy - Studio	
	Strength & Core+* 8:15-9:15am Meighan - GYM	PiYo 8:15-9:15am Kelly - GYM	BODYPUMP™ 8:15-9:15am Kamra - GYM	FUN(ctional) Fit* 8:15-9:15am Kelly - GYM	Strength & Core+ 8:15-9:15am Meighan - GYM	Endurance Ride 8:15-9:15am Sterling - GYM
	Bootcamp 9:00-10:00am Kelly - Outside	HIIT* 8:30-9:00am Lizzie - Outside	Bootcamp* 9:00-10:00am Kelly - Outside	HIIT 8:30-9:00am Meighan - Outside		
	Cycle 9:30-10:15am Jen - GYM	CORE* 9:00-9:30am Lizzie - Outside	Cycle 9:30-10:15am Meighan - GYM	CORE 9:00-9:30am Meighan - Outside	Partner Party!* 9:30-10:30am Kelly & Meighan - Studio (starts 6/26)	BODYPUMP™ 9:30-10:30am Kara - GYM
		Oula® 10:00-11:00am Lizzie - GYM		Oula® 10:00-11:00am Kristen - GYM	Cycle HIIT 9:30-10:00am Kara - GYM	Bootcamp 9:30-10:30am Sterling - Outside (starts 6/20)
	Yoga 10:30-11:30am Missy - Outside	Running Class 10:00-11:00am Dennis - Sentinal	Yoga* 10:30-11:30am Kate - Outside		GRIT™ 10:00-10:30am Laura - GYM	Oula® 11:00-12:00pm Rotation - GYM
	BODYPUMP™ 12:00-1:00pm Kara - GYM	Barre* 12:00-1:00pm Kamra - Studio	GRIT™ 12:00-12:30pm Kara - GYM	Barre* 12:00-1:00pm Kamra - Studio	BODYPUMP™/GRIT™ 12:00-1:00pm Lori/Alyssa - GYM	
		Cycle HIIT 12:00-12:30pm Keri - GYM		Cycle HIIT 12:00-12:30pm Keri - GYM	*THIS CLASS WILL ALSO BE OFFERED VIRTUALLY	
Afternoon/Evening Classes						
	Power Yoga* 4:30-5:30pm Maura - Studio		PiYo®* 4:30-5:30pm Kristen - Studio		Download our FREE Y app for fast access to the most up-to-date schedules and instructor rotations and substitutions.	
	Cycle 4:30-5:15pm Amy H - GYM	GRIT™ 5:15-5:45pm Carrie - GYM	Cycle 4:30-5:15pm Jen - GYM	GRIT™ 5:15-5:45pm Jen - GYM		
Cycling Classes start 6/22!			Virtual Race Training 5:15pm			
			Running Class 5:30-6:30pm Dennis - Sentinal			
	Oula® 5:45-6:45pm Katie C - GYM	Metabolic Madness 5:30-6:30pm Tyler - Outside	Oula® 5:45-6:45pm Jan - GYM	Metabolic Madness 5:30-6:30pm Tyler - Outside	Oula® 5:00-6:00pm Danesa - GYM	
		BODYPUMP™ 6:30-7:30pm Alyssa - GYM		BODYPUMP™ 6:30-7:30pm Katie C - GYM		

Hours: Monday-Friday 5am-8pm; Saturday 7am-4pm; Sunday 8am-3pm (starting 7/12)
(406) 721-YMCA(9622) www.ymcamissoula.org