



# MISSOULA FAMILY YMCA GROUP FITNESS SCHEDULE November 2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>						
	<b>BODYPUMP™</b> 5:30-6:15am Lynn - Studio		<b>BODYPUMP™</b> 5:30-6:30am Kellie - GYM	<b>Obstacle Race Clinic (Open Gym)</b> 5:30-6:30am Dennis - Blue Gym	<b>BODYCOMBAT™</b> 6:00-7:00am Lori/Carrie - GYM	
	<b>BODYFLOW™</b> 6:20-7:05am Lynn - Studio	<b>Sunrise Yoga</b> 6:00-7:00am Missy - Studio	<b>BODYFLOW™</b> 6:00-7:00am Lynn - Studio	<b>Sunrise Yoga</b> 6:00-7:00am Missy - Studio	<b>Barre</b> 6:00-7:00am Missy - Studio	<b>BODYPUMP™</b> 8:15-9:00am Rotation - Studio
	<b>Strength &amp; Core</b> 8:15-9:15am Meighan - Studio	<b>SOULfusion</b> 8:15-9:15am Kelly - Studio	<b>Strength &amp; Core</b> 8:15-9:15am Kelly - Studio	<b>FUN(ctional) Fit</b> 8:15-9:15am Kelly - Studio	<b>Strength &amp; Core</b> 8:15-9:15am Meighan - Studio	<b>BODYCOMBAT™</b> 9:15-10:00am Rotation - Studio
	<b>Zumba®</b> 9:30-10:20am Kellie - Studio	<b>BODYCOMBAT™</b> 9:30-10:30am Heather - Studio	<b>Zumba®</b> 9:30-10:30am Kellie - Studio	<b>BODYCOMBAT™</b> 9:30-10:30am Kellie/Kara - Studio	<b>DanceMIXX</b> 9:30-10:30am Sarah - Studio	<b>Chisel &amp; Burn</b> 9:30-10:30am Dennis - Blue Gym
		<b>Oula®</b> 10:35-11:35am Lizzie - Studio		<b>Oula®</b> 10:35-11:35am Danasa - Studio		<b>BODYFLOW™</b> 10:05-10:50am Rotation - Studio
	<b>Yoga</b> 10:30-11:30am Missy - Studio	<b>Running Class</b> 10:00-11:00am Dennis - Track	<b>Yoga</b> 10:45-11:45am Luci - Studio		<b>Yoga</b> 10:45-11:45am Kristy - Studio	<b>Oula®</b> 11:00-12:00pm Rotation - Studio
	<b>BODYPUMP™</b> 12:00-1:00pm Kara - GYM	<b>Barre</b> 12:00-1:00pm Kamra - Studio	<b>GRIT™</b> 12:00-12:30pm Kara - GYM	<b>Barre</b> 12:00-1:00pm Kamra - Studio	<b>BODYPUMP™</b> 12:00-1:00pm Lori/Liv - Studio	<b>Zumba®</b> 12:15-1:15pm Megan B - Studio
	<b>Gentle Strength &amp; Conditioning</b> 12:00-1:00pm Jane - Studio		<b>Gentle Strength &amp; Conditioning</b> 12:00-1:00pm Jane - Studio			
<b>Afternoon/Evening Classes</b>						
	<b>SS Classic</b> 1:30-2:30pm Theresa - Studio	<b>SS Yoga</b> 1:30-2:30pm Kristen - Studio	<b>SS Classic</b> 1:30-2:30pm Kristy - Studio	<b>Stretch &amp; Mobility</b> 1:30-2:30pm Kristen - Studio	<b>ALSO STREAMING IN OUR VIRTUAL STUDIO</b>	
			<b>Obstacle Race Clinic (Open Gym)</b> 3:30-4:30pm Dennis - Blue Gym			
	<b>Sound Strength</b> 4:30-5:30pm Cassie - Studio		<b>Sound Strength</b> 4:30-5:20pm Cassie - Studio		<b>Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.</b>	
		<b>GRIT™</b> 5:15-5:45pm Carrie - GYM	<b>Running Class</b> 5:30-6:30pm Dennis - Track	<b>HIIT</b> 5:15-5:45pm Lindsay - GYM		
	<b>Oula®</b> 5:45-6:45pm Jan - Studio	<b>Zumba®</b> 5:30-6:30am Lexi/Megan B - Studio	<b>Oula®</b> 5:45-6:45pm Cheyenne - Studio	<b>Zumba®</b> 5:30-6:30am Lexi - Studio	<b>Oula®</b> 5:00-6:00pm Kristen - Studio	
		<b>BODYPUMP™</b> 6:30-7:30pm Lexi/Megan B - GYM		<b>BODYPUMP™</b> 6:30-7:30pm Katie C - GYM		

**Hours:** Monday-Friday 5am-9pm; Saturday 7am-4pm; Sunday 8am-2pm  
**(406) 721-YMCA(9622)    [www.ymcamissoula.org](http://www.ymcamissoula.org)**



# MISSOULA FAMILY YMCA

## CYCLING CLASS SCHEDULE

### November 2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		<b>RPM</b> 5:30-6:15am Kellie		<b>RPM</b> 5:30-6:15am Carrie		
	<b>Cycle &amp; Core</b> 9:30-10:30am Megan K		<b>Cycle</b> 9:30-10:15am Meighan		<b>RPM</b> 9:30-10:15am Kara	<b>RPM</b> 8:15-9:00am Rotation
		<b>Cycle HIIT</b> 12:00-12:30pm Keri		<b>Cycle HIIT</b> 12:00-12:30pm Keri		
Afternoon/Evening Classes						
	<b>Cycle</b> 4:30-5:15pm Amy H		<b>Cycle</b> 4:30-5:15pm Richel		Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.	
		<b>RPM</b> 5:30-6:15pm Katie G		<b>RPM</b> 5:30-6:15pm Alyssa		

**Barre** - Set to fun, energetic music, this class incorporates an upper-body workout with weights and a combination of high-intensity core and lower-body exercises at the barre. Each class ends with stretching which results in stronger, more elongated muscles while gaining flexibility.

**BODYCOMBAT™** - A high-energy martial arts-inspired workout (non-contact). Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

**BODYFLOW™** - The yoga-based class that builds flexibility and strength, leaving you feeling centered and calm. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**BODYPUMP™** - The original barbell workout to music that will work all major muscle groups in just 55 minutes! This full body workout will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

**Chisel & Burn** - Gain strength and balance while working your core with stability balls, Bosu and medicine balls. Cardio intervals on the track and on the bleachers will work your endurance and take your cardiovascular system to new levels!

**Dance Mixx** - Jazzercise's signature class format will leave you energized for hours. Set to your favorite top hits, this full-body workout combines 40 minutes of high intensity, dance-based cardio with 20 minutes of strength training and stretching.

**FUN(ctional) Fit** - A completely equipment-free full-body workout focused on functional movements that condition muscular strength, body balance, and flexibility.

**GRIT™** - 30-minutes of high intensity interval training (HIIT), developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, strength and height. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

**Gentle Strength & Conditioning** - Designed as a lower impact workout that includes cardio, strength, balance, and agility. Offering a supportive and fun environment to help keep you moving and trying new things. Options offered for all fitness levels.

**HIIT** - High Intensity Interval Training. Minimal equipment, maximum cardio and calorie burn!

**Obstacle Race Clinic (Open Gym)** - Swing, climb, crawl...Whether you want to stay in ultimate race shape year-round or try a workout unlike any other, you'll be sure to condition your body & mind! Work on the areas you want during this open gym time while a coach is on hand for help.

**Oula®** - Inspiring and super-fun dance workout! Oula incorporates fun, easy-to-follow choreography, set to current music, and encourages self-expression

and freedom of movement. Try it - it'll be the most fun workout you'll have all week!

**Running Class** - Amp up your training with tempo runs, speed workouts, and race workout strategies. Whether you're training for your first 5K or your tenth marathon, our running classes will help you improve your speed and endurance. Workouts are tailored to your specific pace and needs.

**SilverSneakers® Classic** - Increase muscle strength, range of movement and activities for daily living. Hand weights, elastic tubing with handles, and balls offered for resistance. Chairs used for seated exercises and standing support.

**SilverSneakers® Yoga** - Move through a complete series of seated and standing yoga poses (chair available) designed to increase flexibility, balance and range of movement. Restorative breathing and final relaxation will promote stress reduction and mental clarity.

**SOULfusion** - A creative blend of yoga inspired FLOWS, short cardio bursts, balance sequences and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one!

**Sound Strength** - A low-impact, full-body body strength workout to fun music that uses resistance bands, loops and small exercise balls to crank up the burn. Bring your mat, sweat towel, and water bottle!

**Strength & Core** - A combination of strength training and core work, this class emphasizes head-to-toe muscular strength and flexibility.

**Stretch & Mobility** - A mind-muscle connection practice incorporating relaxation techniques using functional movement and dynamic stretching for greater mobility and range of motion. This class will address posture and proper form to become stronger, more flexible and pain-free.

**Sunrise Yoga** - Start your day off right! This early morning yoga class combines Sun Salutations with challenging strength and flexibility poses.

**Yoga** - Focus on basic yoga postures, alignment principles, and breathing techniques that help balance, strengthen, and stretch the body. Recommended for those wishing to strengthen the foundation of their practice, or who simply want an ongoing practice in harmony with their level of strength, balance, and flexibility.

**Zumba®** - Mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**Cycle** - This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.

**Cycle HIIT** - An intense 30-minute ride.

**Cycle & Core** - 45 minute ride followed by 15 minutes of intense core work.

**RPM™** - The indoor cycling workout where you control the intensity. Ride to the rhythm of powerful music while your instructor leads you through climbs, flats, and sprints. You control your resistance levels and speed to build your fitness level over time.

**Hours:** Monday-Friday 5am-9pm; Saturday 7am-4pm; Sunday 8am-2pm  
**(406) 721-YMCA(9622)      [www.ymcamissoula.org](http://www.ymcamissoula.org)**