






MISSOULA FAMILY YMCA GROUP FITNESS SCHEDULE January 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	BODYPUMP™ 5:30-6:30am Kellie - Studio		BODYPUMP™ 5:30-6:30am Sarah - Studio		BODYCOMBAT™ 6:00-7:00am Lori/Carrie - GYM	
		Sunrise Yoga 6:00-7:00am Missy - Studio		Sunrise Yoga 6:00-7:00am Missy - Studio	Barre 6:00-7:00am Missy - Studio	BODYPUMP™ 8:15-9:00am Rotation - Studio
	Strength & Core 8:15-9:15am Meighan - Studio	SOULfusion™ 8:15-9:15am Kelly - Studio	Strength & Core 8:15-9:15am Kelly - Studio	FUN(ctional) Fit 8:15-9:15am Kelly - Studio	Strength & Core 8:15-9:15am Meighan - Studio	BODYCOMBAT™ 9:15-10:00am Rotation - Studio
Sunday Sunrise Yoga 9:30-10:30am Luci - Studio	Zumba® 9:30-10:30am Kellie - Studio	BODYCOMBAT™ 9:30-10:30am Heather - Studio	Zumba® 9:30-10:30am Megan B - Studio	BODYCOMBAT™ 9:30-10:30am Kellie - Studio	DanceMIXX 9:30-10:30am Sarah - Studio	Chisel & Burn 9:15-10:15am Lindsay - Blue Gym
	Yoga 10:45-11:45am Luci - Studio	SHINE™ 10:35-11:35am Lizzie - Studio	Yoga 10:45-11:45am Sharla - Studio	Oula® 10:35-11:35am Danesa - Studio	Yoga 10:45-11:45am Kristy - Studio	Oula® 11:00-12:00pm Rotation - Studio
	BODYPUMP™ 12:00-1:00pm Kara - GYM	Barre 12:00-1:00pm Kamra - Studio	BODYPUMP™ 12:00-12:45pm Kara - GYM	Barre 12:00-1:00pm Kamra - Studio	BODYPUMP™ 12:00-1:00pm Liv - Studio	Zumba® 12:15-1:15pm Megan B - Studio
	Gentle Strength & Cardio 12:00-1:00pm Jane - Studio		Gentle Strength & Cardio 12:00-1:00pm Jane - Studio			
Afternoon/Evening Classes						
	SS Classic 1:30-2:30pm Theresa - Studio	Stretch & Mobility 1:30-2:30pm Kristen - Studio	SS Classic 1:30-2:30pm Kristy - Studio	SS Yoga 1:30-2:30pm Kristy - Studio	Qigong 1:30-2:30pm Jorge - Studio	
	Sound Strength 4:30-5:30pm Cassie - Studio	HIIT 4:45-5:15pm Lindsay - Studio	Sound Strength 4:30-5:30pm Cheyenne or Tayler - Studio	Sound Strength 4:30-5:30pm Tayler - Studio		
	Oula®* 5:45-6:45pm Jan - Studio	Zumba® 5:25-6:20pm Megan B - Studio	Oula® 5:45-6:45pm Cheyenne or Tayler - Studio	HIIT 5:45-6:15pm Lindsay - Studio	Oula® 5:30-6:30pm Tayler or Anna - Studio	
		BODYPUMP™ 6:30-7:30pm Liv - Studio		BODYPUMP™ 6:30-7:30pm Megan B - Studio		
Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.						
ALSO STREAMING IN OUR VIRTUAL STUDIO						

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



MISSOULA FAMILY YMCA CYCLING CLASS SCHEDULE January 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		RPM 5:30-6:15am Kellie		RPM 5:30-6:15am Carrie		
	Cycle & Core 9:30-10:30am Megan K		Cycle 9:30-10:15am Meighan		RPM 9:30-10:15am Kara	RPM 8:15-9:00am Alyssa
		Cycle HIIT 12:00-12:30pm Keri		Cycle HIIT 12:00-12:30pm Keri		
Afternoon/Evening Classes						
	Cycle 4:30-5:15pm Kelly		Cycle 4:30-5:15pm Shari		Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.	
		RPM 5:30-6:15pm Alyssa		Cycle 5:30-6:15pm Nikki		
<p>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.</p> <p>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.</p> <p>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.</p> <p>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!</p> <p>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.</p> <p>FUN(ctional) Fit - A completely equipment-free full-body workout focused on functional movements that condition muscular strength, body balance, and flexibility.</p> <p>Gentle Strength & Cardio - 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.</p> <p>HIIT - High Intensity Interval Training. Minimal equipment, maximum cardio and calorie burn!</p> <p>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!</p> <p>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.</p>				<p>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.</p> <p>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!</p> <p>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!</p> <p>Strength & Core - A combination of strength training and core work, this class emphasizes head-to-toe muscular strength and flexibility.</p> <p>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.</p> <p>Sunrise Yoga - Start your day off right! This early morning yoga class combines Sun Salutations with challenging strength and flexibility poses.</p> <p>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.</p> <p>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.</p> <p>Cycle - This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.</p> <p>Cycle HIIT - An intense 30-minute ride.</p> <p>Cycle & Core - 45-min. ride followed by 15 minutes of intense core work.</p> <p>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.</p>		

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