



MISSOULA FAMILY YMCA

GROUP FITNESS SCHEDULE

October 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	BODYPUMP™ 5:30-6:30am Heather - GYM	Sunrise Yoga 6:00-6:50am Jamie - GYM	BODYPUMP™ 5:30-6:30am Sarah - GYM	Sunrise Yoga 6:00-6:50am Jamie - GYM	Barre 6:00-7:00am Missy - GYM	
	Strength & Core 8:15-9:15am Meighan - GYM	Yoga Sculpt 8:15-9:15am Kelly - GYM	Strength & Core 8:15-9:15am Kelly - GYM	FUN(ctional) Fit 8:15-9:15am Kelly - GYM	Strength & Core 8:15-9:15am Meighan - GYM	BODYPUMP™ 8:00-8:45am Rotation - GYM
Sunday Sunrise Yoga 9:30-10:30am Luci - GYM	Zumba® 9:30-10:30am Megan B - GYM	BODYCOMBAT™ 9:30-10:30am Heather - GYM	Zumba® 9:30-10:30am Megan B - GYM	BODYCOMBAT™ 9:30-10:30am Heather - GYM	Cardio Sculpt 9:30-10:30am Sarah - GYM	BODYCOMBAT™ 9:00-9:45am Rotation - GYM
	Gentle Strength & Cardio 10:45 - 11:45pm Jane - GYM	SHiNE™ 10:35-11:35am Lizzie - GYM	Gentle Strength & Cardio 10:45 - 11:45pm Jane - GYM	Oula® 10:35-11:35am Danesa - GYM		Oula® 10:00-10:45am Rotation - GYM
	BODYPUMP™ 12:00-12:45pm Kara - GYM	Barre Fusion 12:00-1:00pm Kamra - GYM	BODYPUMP™ 12:00-12:45pm Kara - GYM	Barre 12:00-1:00pm Kamra - GYM		
				Yoga at the Library 12:00-1:00pm Young-ee		
Afternoon/Evening Classes						
	SS Classic 1:45-2:30pm Becca - CW		SS Classic 1:45-2:30pm Becca - CW			CW = Child Watch (in the back)
	Sound Strength 4:30-5:30pm Cassie - GYM		Sound Strength 4:30-5:30pm Cheyenne - GYM			
	Oula® 5:45-6:45pm Jan - GYM	Zumba® 5:25-6:20pm Lexi/Megan B - GYM			SHiNE™ 5:30-6:30pm Rotation - GYM	
		BODYPUMP™ 6:30-7:30pm Liv - GYM		BODYPUMP™ 6:30-7:30pm Megan B - GYM		
Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.						

Hours: Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-4pm
(406) 721-YMCA(9622) www.ymcamissoula.org



MISSOULA FAMILY YMCA CYCLING CLASS SCHEDULE October 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		RPM 5:30-6:15am Catie		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 Rotation		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		

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

Barre Fusion - A low-impact, high intensity workout blending ballet, functional strength and athletic movement. This full-body workout using light to medium weights, body weight, resistance bands, balls, and more will enhance your muscle tone, posture, 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.

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.

Cardio Sculpt - Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by 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.

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.

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!

SHiNE Dance Fitness™ - brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress!

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.

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.

Sunday Sunrise Yoga - A nourishing and revitalizing class for students of all levels and experience. It's the perfect way to wake up the mind and body-so you can start a new week fresh!

Sunrise Yoga - Start your day off right! Early morning yoga 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.

Yoga at the Library - Join us at the Missoula Public Library where we will focus on basic yoga postures, alignment principles, & breathing techniques that help balance, strengthen, & stretch the body. Free for the Community!

Yoga Sculpt - A creative blend of Yoga flows, Pilates balance conditioning, and strength exercises using light weights.

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 - A 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.

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