



MISSOULA FAMILY YMCA

GROUP FITNESS SCHEDULE

November 2023

(starts 11/8/2023)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	BODYPUMP™ 5:30-6:30am Sarah		BODYPUMP™ 5:30-6:30am Kellie	Sunrise Yoga 6:00-7:00am Missy	Barre 6:00-7:00am Missy	
	Strength & Core 8:15-9:15am Meighan	Yoga Sculpt 8:15-9:15am Kelly	Strength & Core 8:15-9:15am Kelly	FUN(ctional) Fit 8:15-9:15am Kelly	Strength & Core 8:15-9:15am Meighan	BODYPUMP™ 8:00-9:00am Rotation
Sunday Sunrise Yoga 9:30-10:30am Luci	Dance Fit 9:30-10:30am Kellie	BODYCOMBAT™ 9:30-10:30am Heather	Zumba® 9:30-10:30am Megan B	BODYCOMBAT™ 9:30-10:30am Kellie	Cardio Sculpt 9:30-10:30am Sarah	BODYCOMBAT™ 9:10-10:05am Rotation
	Yoga 10:45-11:45am Luci	SHiNE™ 10:35-11:35am Lizzie	Yoga 10:45-11:45am Sharla	Oula® 10:35-11:35am Danasa	Yoga 10:45-11:45am Young-ee	Zumba® 10:10-11:05am Megan B
	Gentle Strength & Cardio 12:00-1:00pm Jane	Barre Fusion 12:00-1:00pm Kamra	Gentle Strength & Cardio 12:00-1:00pm Jane	Barre 12:00-1:00pm Kamra		Oula® 11:10-12:05pm Rotation
	BODYPUMP™ 12:00-1:00pm Kara - GYM		BODYPUMP™ 12:00-12:45pm Kara - GYM	Yoga at the Library 12:00-1:00pm Young-ee	BODYPUMP™ 12:00-1:00pm Liv	
Afternoon/Evening Classes						
	SS Classic 1:30-2:30pm Becca	Stretch & Mobility 1:30-2:30pm Kristen	SS Classic 1:30-2:30pm Becca	SS Yoga 1:30-2:30pm Young-ee	Qigong 1:30-2:30pm Jorge	
	Sound Strength 4:30-5:30pm Cassie		Sound Strength 4:30-5:30pm Cheyenne			
	Oula® 5:45-6:45pm Jan	Zumba® 5:25-6:20pm Lexi/Megan B	SHiNE™ LIGHT 5:40-6:10pm Lizzie	Oula® 5:25-6:20pm Rotation	SHiNE™ 5:30-6:30pm Lizzie	
		BODYPUMP™ 6:30-7:30pm Liv	SHiNE™ 6:15-7:15pm Lizzie	BODYPUMP™ 6:30-7:30pm Megan B		

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-6pm
(406) 721-YMCA(9622) www.ymcamissoula.org



MISSOULA FAMILY YMCA

CYCLING CLASS SCHEDULE

November 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 9:30-10:15am 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 Donna		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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