



# MISSOULA FAMILY YMCA

## GROUP FITNESS SCHEDULE

### April 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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**