



MISSOULA FAMILY YMCA CYCLING CLASS SCHEDULE May 2024

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 Catie | 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 Carrie | | | | Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions. | |
| | | RPM 5:30-6:15pm Alyssa | | | | |

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.

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 and stretching.

Dance Fit - Anything goes in this DanceFit workout! Incorporating a fusion of different dance styles and movements, you'll maximize your workout and have FUN while doing it. Join is for a cardio dance party!

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 - A low-impact workout that includes cardio, strength, balance, & agility. A supportive, fun environment to help keep you moving & try new things. Options 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.

Qigong - Developed in China thousands of years ago as part of traditional Chinese medicine, Qigong involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

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.

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 - Mind-muscle connection practice incorporating relaxation techniques using functional movement and dynamic stretching for greater mobility and range of motion. Addressing posture and proper form to become stronger, more flexible and pain-free.

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.

UPLIFT™ - A strength-training program that's the perfect balance of effective and FUN! It starts with a cardio warm-up and transitions to standing routines with equipment, alternating upper and lower body, a balance track then to the mat for core & stretch!

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 resistance levels and speed to build your fitness level over time.

Hours: Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm
(406) 721-YMCA(9622) www.ymcamissoula.org