



# MISSOULA FAMILY YMCA

## GROUP FITNESS SCHEDULE OVERVIEW

### January 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Class types, dates, and times are subject to change or cancellation.**  
**Download our FREE Y app for the most up-to-date schedules!**



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 Young-ee	<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>Circuit Strong (FTR)</b> 9:30-10:30am Kamra	<b>Zumba®</b> 9:30-10:30am Megan B	<b>Strength &amp; Core Intervals</b> 9:30-10:30am Meighan	<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>SHiNE™</b> 10:35-11:35am Lizzie	<b>Yoga</b> 10:45-11:45am Becky	<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> NOON-1:00pm Jane	<b>Barre Fusion</b> NOON-1:00pm Kamra	<b>Gentle Strength &amp; Cardio</b> NOON-1:00pm Jane	<b>Barre</b> NOON-1:00pm Kamra		<b>Oula®</b> 11:10-12:10pm Rotation
	<b>UPLIFT™ Strength</b> NOON-1:00pm Lizzie		<b>BODYPUMP™</b> NOON-12:45pm Megan B	<b>Yoga at the Library</b> 12:00-1:00pm Becky - MPL	<b>BODYPUMP™</b> NOON-1:00pm Liv	
<b>Afternoon/Evening Classes</b>						
	<b>Stay Active and Independent for LIFE (SAIL)</b> 1:15-2:15pm Carrie G	<b>Stretch &amp; Mobility</b> 1:30-2:30pm Jorge	<b>Stay Active and Independent for LIFE (SAIL)</b> 1:15-2:15pm Carrie G	<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 Tyrah	<b>UPLIFT™</b> 4:30-5:30pm Laurel	<b>Oula®</b> 4:30-5:20pm Rotation	<b>UPLIFT™</b> 4:30-5:30pm Lizzie	<b>UPLIFT™</b> 4:30-5:25pm Cassie	<b>UPLIFT™</b> 4:30-5:30pm Lizzie	
	<b>Oula®</b> 5:45-6:30pm Jan	<b>Zumba®</b> 5:25-6:20pm Laurel/Megan B	<b>SHiNE™</b> 5:35-6:35pm Lizzie	<b>Oula®</b> 5:25-6:20pm Cassie	<b>SHiNE™</b> 5:35-6:35pm Lizzie	
		<b>BODYPUMP™</b> 6:30-7:30pm Liv		<b>BODYPUMP™</b> 6:30-7:30pm Megan B		

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




# MISSOULA FAMILY YMCA

## CYCLING CLASS SCHEDULE OVERVIEW

### January 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>						
		<b>RPM</b> 5:30-6:15am Catie		<b>RPM</b> 5:30-6:15am Carrie		
	<b>Cycle</b> 9:30-10:15am Megan K		<b>Cycle</b> 9:30-10:15am Meighan		<b>RPM</b> 9:30-10:15am Catie	<b>RPM</b> 8:15-9am Alyssa
		<b>Cycle HIIT</b> NOON-12:30pm Keri		<b>Cycle HIIT</b> NOON-12:30pm Keri		
<b>Afternoon/Evening Classes</b>						
	<b>RPM</b> 5:15-6pm Kelsie		<b>RPM</b> 5:15-6pm Kelsie		<p style="color: red; font-weight: bold;">Download our FREE Y app for the most up-to-date schedules!</p> 	
		<b>RPM</b> 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.

**Circuit Strong** - Improve your strength. Each class will have different movements and emphasize adding a bit more weight than last time. Minimal rest in between each circuit your aerobic system will be challenged as well!

**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!

**Stay Active and Independent For Life (SAIL)** - Increase muscle strength, range of movement and activities for daily living. Hand weights, elastic tub-

ing with handles, and balls offered for resistance. Chairs used for seated exercises and standing support.

**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 is 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 for yoga! It is 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.

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