



MISSOULA FAMILY YMCA

AQUA & CYCLE FITNESS WEEKLY GLANCE

September 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		RPM 5:30-6:15am Catie		RPM 5:30-6:15am Carrie		
	Water Aerobics 7:30-8:30am Sarah C	Aqua HIIT 7:30-8:30am Julie	Aqua Intervals (S) 7:30-8:30am Nora	Aqua HIIT 7:30-8:30am Logann		RPM 8:15-9am Rotation
	Cycle + Core 9:30-10:15am Megan K		Cycle 9:30-10:15am Meighan		RPM 9:30-10:15am Rotation	
Afternoon/Evening Classes						
	Aqua Intervals (S) 11:05-NOON Logann M		Water Aerobics 11:05-NOON Rotation		Aqua HIIT 11:05-NOON Judy	
		Cycle HIIT Noon-12:30pm Keri		Cycle HIIT Noon-12:30pm Keri		
		RPM 5:30-6:15pm Kelsie				

Aqua HIIT - Enjoy the power of movement in the water! This class is a combination of cardio and strength training intervals from moderate to high intensity using upbeat music and some equipment. Class takes place in the shallow end.

Aqua Intervals - Come ready to work! This class incorporates timed intervals of varied intensity with recovery periods. Segments of cardio, strength, core, power, agility and balance will help you meet your fitness goals! This class takes place in either the shallow end (denoted with **(S)**) or the deep end (denoted with **(D)**) with minimal equipment.

Water Aerobics - Come enjoy an up-tempo shallow water workout that offers multiple intensity options to challenge your strength, core, endurance, and flexibility! This session is designed to let you tailor the challenge to the needs of your body.

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