



# MISSOULA FAMILY YMCA

## SUNSET STUDIO SCHEDULE OVERVIEW

### 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						
	<b>BODYPUMP™</b> 5:30-6:30am Sarah		<b>BODYPUMP™</b> 5:30-6:30am Sarah			
	<b>NEW!</b> <b>PiYo</b> 8:15-9:15am Megan K	<b>NEW!</b> <b>Hatha Yoga</b> 8:15-9:15am Bridget		<b>NEW!</b> <b>Hatha Yoga</b> 8:15-9:15am Bridget	<b>Oula</b> 8:15-9:15am Brittany	
		<b>Grit-n-Gainz</b> 9:30-10:30am Kamra	<b>NEW!</b> <b>Qigong</b> 9:00-10:00am Youngee	<b>Grit-n-Gainz</b> 9:30-10:30am Kamra	<b>NEW!</b> <b>AB Lab</b> 9:30-10AM LeShawn	<b>BODYPUMP™</b> 8:00-9:00am Rotation
<b>NEW!</b> <b>SHINE</b> 10:00-11:00am Theresa	<b>Stength &amp; Cardio for All</b> 10:30-11:30am Jane		<b>Strength &amp; Cardio for All</b> 10:30-11:30am Jane			<b>Uplift</b> 9:10-10:10am Rotation
	<b>BODYPUMP™</b> NOON-1:00pm Megan B		<b>NEW!</b> <b>BODYBLAST</b> NOON-12:45pm LeShawn	<b>Yoga at the Library</b> 12:00-1:00pm Becky	<b>BODYPUMP™</b> NOON-1:00pm Liv	
Afternoon/Evening Classes						
		<b>NEW!</b> <b>Teen Tenacity</b> 4:30-5:30pm LeShawn	<b>NEW!</b> <b>BODYCOMBAT™</b> 4:30-5:30pm Katherine	<b>NEW!</b> <b>Teen Tenacity</b> 4:30-5:30pm LeShawn		
			<b>NEW!</b> <b>Body Strength</b> 5:30-6:30pm Jan/D'Et			
		<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](http://www.ymcamissoula.org)**



# MISSOULA FAMILY YMCA

## SUNSET STUDIO CLASS DESCRIPTIONS

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**Ab Lab** –Ready to forge a powerful, rock-solid core? This intense 30-minute class challenges every muscle from your hips to your shoulders. Each session builds a functional core that not only looks strong but also improves your balance, and posture.

**BodyBlast** –Tired of the same old workouts? Join our dynamic H.I.I.T class and challenge your body and mind. This 45-minute class engages your total body with intense strength, cardio, and plyometric movements in a circuit bootcamp style format.

**BodyStrength** – Body Strength is a bodyweight- only strength, mobility, and conditioning class that is perfect for all fitness levels. With a variety of tracks that work all major muscle groups, this class is challenging, rewarding, and fun!

**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.

**Grit-n-Gainz** – Push your limits in this high-energy, full-body strength circuit designed for those who are already comfortable with strength training and ready for a challenge. Rotate through stations using kettlebells, dumbbells, resistance bands, TRX, plyo boxes.

**Hatha Yoga** – Traditional form of holistic yoga that focuses on balancing the bodies energies with physical postures and breathing; to boost physical, mental, and spiritual well being.

**PiYo** – A high-energy, low-impact fitness class that blends elements of Pilates, yoga, and sports stretch to build strength, flexibility, and core control, all while keeping your heart rate up and increasing cardiovascular conditioning .

**Teen Tenacity** – Join our high energy class designed for 5th, 6th, 7th, & 8th graders that will help you improve total body performance. We're not about reps and sets—we're about building strength, boosting confidence, and having a blast. Come Join Us!

**SHiNE Dance Fitness™** – Get ready to sweat, smile, and shine! SHiNE Dance Fitness™ pairs easy-to-follow moves with upbeat music you know and love. With clear verbal and visual cues from your instructor, you'll feel confident jumping in – no dance experience needed. Come dance it out and feel amazing!

**UPLIFT™** – UPLIFT Strength Fitness™ is so fun, you might forget you're working out. Using dumbbells, resistance bands, mini exercise balls, and a mat, this full-body strength class features moves set to the music to build endurance, confidence, and serious muscle. Your instructor will guide you with clear cues and hype energy so you feel strong and successful every time.

**Qigong** – Qigong (pronounced "chee-gong") is an ancient Chinese mind-body practice that combines gentle, flowing movements, deep rhythmic breathing, and meditation. Qigong aims to cultivate and balance the body's vital life force, to promote health and well-being, reduce stress and anxiety, enhance circulation, and boost the immune system. Contributing to longevity and a higher quality of life.



# MISSOULA FAMILY YMCA

## SUNRISE STUDIO SCHEDULE WEEKLY GLANCE

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Morning Classes						
		<b>Sunrise Yoga</b> 6:00-7:00am TBD		<b>Sunrise Yoga</b> 6:00-7:00am TBD	<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>NEW! Yoga Flow</b> 7:15-8am Kelly	
<b>Power Vinyasa Yoga</b> 9:30-10:30am Luci	<b>Zumba</b> 9:30-10:30am Megan	<b>SHiNE</b> 9:30-10:30am Lizzie	<b>Zumba®</b> 9:30-10:30am Megan B	<b>Oula</b> 9:30-10:30am Danessa	<b>Strength &amp; Core</b> 8:15-9:15am Meighan	<b>BODYCOMBAT™</b> 9:00-10:00am Katherine
	<b>Power Yoga</b> 10:45-11:45am Karina G		<b>Power Yoga</b> 10:45-11:45am Becky		<b>Cardio Sculpt</b> 9:30-10:30am Sarah	<b>Zumba®</b> 10:10-11:05am Megan B
	<b>UPLIFT™ Strength</b> NOON-1:00pm Lizzie	<b>Barre Fusion</b> NOON-1:00pm Kamra		<b>Barre Strength</b> NOON-1:00pm Kamra	<b>Power Yoga</b> 10:45-11:45am Becky	<b>Oula®</b> 11:10-12:10pm Rotation
				<b>Yoga at the Library</b> 12:00-1:00pm Becky		
Afternoon/Evening Classes						
	<b>Silver Sneakers Classic</b> 1:30-2:30pm Logann	<b>Stretch &amp; Mobility</b> 1:30-2:30pm Jorge	<b>Silver Sneakers Strength</b> 1:30-2:30pm LeShawn	<b>Stretch &amp; Mobility</b> 1:30-2:30pm LeShawn	<b>Qigong</b> 1:30-2:30pm Jorge	
<b>Restorative Yoga</b> 4:00-5:00pm Tyrah	<b>UPLIFT™</b> 4:30-5:25pm Laurel	<b>Oula®</b> 4:30-5:25pm Rotation	<b>UPLIFT™</b> 4:30-5:25pm Lizzie	<b>UPLIFT™</b> 4:30-5:25pm Cassie	<b>UPLIFT™</b> 4:30-5:25pm Lizzie	
	<b>Oula®</b> 5:30-6:30pm Jan	<b>Zumba®</b> 5:30-6:30pm Laurel/Megan B	<b>SHiNE™</b> 5:30-6:30pm Lizzie	<b>Oula®</b> 5:30-6:30pm Cassie	<b>SHiNE™</b> 5:30-6:30pm Lizzie	

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## SUNRISE STUDIO CLASS DESCRIPTION

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**Barre**— Fun and energetic, 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.

**Barre Strength** – Where strength meets rhythm! This fast-paced, low-impact, high energy class blends the precision of Pilates, the grace of ballet, and the burn of targeted barre work. Using dumbbells, resistance bands, small exercise ball, and the barre, you'll move to upbeat, energizing music as you sculpt and strengthen your entire body.

**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.

**Fun(ctional) Fit**– A completely equipment-free full-body workout focused on functional movements that condition muscular strength, body balance and flexibility.

**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** – Qigong (pronounced "chee-gong") is an ancient Chinese mind-body practice that combines gentle, flowing movements, deep rhythmic breathing, and meditation. Qigong aims to cultivate and balance the body's vital life force, to promote health and well-being, reduce stress and anxiety, enhance circulation, and boost the immune system. Contributing to longevity and a higher quality of life.

**SHiNE Dance Fitness™** – Get ready to sweat, smile, and shine! SHiNE Dance Fitness™ pairs easy-to-follow moves with upbeat music you know and love. With clear verbal and visual cues from your instructor, you'll feel confident jumping in – no dance experience needed. Come dance it out and feel amazing!

**Silver Sneakers Classic**– Move through exercises designed to increase muscular strength, range of motion and activities for daily living. Weights, tubing and a SilverSneakers ball are offered for resistance.

**Silver Sneakers Strength**– Boost overall fitness with alternating muscle-conditioning blocks and activity-specific drills. Intermediate to advanced intervals using weights will improve cardiovascular health, strength and functional skill.

**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.

**UPLIFT™** – UPLIFT Strength Fitness™ is so fun, you might forget you're working out. Using dumbbells, resistance bands, mini exercise balls, and a mat, this full-body strength class features moves set to the music to build endurance, confidence, and serious muscle. Your instructor will guide you with clear cues and hype energy so you feel strong and successful every time.

**Restorative 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.

**Power 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.

**Power Vinyasa Yoga**– This dynamic, all-levels Power Vinyasa Yoga class is designed to be accessible and welcoming to students of all ages and levels of experience. Rooted in mindful, functional movement, the class blends breath awareness, meditation, and energizing flow to build strength, mobility, and presence.

**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.