



MISSOULA FAMILY YMCA

SUNSET STUDIO SCHEDULE OVERVIEW

November 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						
	BODYPUMP™ 5:30-6:30am Sarah		BODYPUMP™ 5:30-6:30am Sarah			
	NEW! PiYo 8:15-9:15am Megan K	NEW! Hatha Yoga 8:00-9:00am Bridget		NEW! Hatha Yoga 8:00-9:00am Bridget	New! Oula 8:15-9:15am Brittany	
		New! Grit-n-Gainz 9:30-10:30am Kamra	NEW! Qigong 9:00-10:00am Youngee	New! Grit-n-Gainz 9:30-10:30am Kamra	NEW! AB Lab 9:30-10AM LeShawn	BODYPUMP™ 8:00-9:00am Rotation
NEW! SHiNE 10:00-11:00am Rotation	Stength & Cardio for All 10:30-11:30am Jane		Strength & Cardio for All 10:30-11:30am Jane			BODYCOMBAT™ 9:10-10:10am Katherine
	BODYPUMP™ NOON-1:00pm Megan B		NEW! BODYBLAST NOON-12:45pm LeShawn	Yoga at the Library 12:00-1:00pm Becky	BODYPUMP™ NOON-1:00pm Liv	
Afternoon/Evening Classes						
		NEW! Teen Tenacity 4:30-5:30pm LeShawn	NEW! BODYCOMBAT™ 4:30-5:30pm Katherine	NEW! Teen Tenacity 4:30-5:30pm LeShawn		
			NEW! Body Strength 5:30-6:30pm Jan/D'Et			
		BODYPUMP™ 6:30-7:30pm Liv		BODYPUMP™ 6:30-7:30pm Megan B		

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



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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!

Strength & Cardio For All– Designed as a lower impact workout that includes cardio, strength, balance, and agility. Offering a supportive and fun environment to help keep you moving and building strength.

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.