



# MISSOULA FAMILY YMCA

## SUNRISE STUDIO SCHEDULE WEEKLY GLANCE

### March 2026

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
<b>Morning Classes</b>						
		<b>Sunrise Yoga</b> 6:00-7:00am Allison		<b>Sunrise Yoga</b> 6:00-7:00am Allison	<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>Functional Fit</b> 8:15-9:15am Kelly	<b>Yoga Flow</b> 7:15-8am Kelly	
<b>Power Vinyasa Yoga</b> 9:30-10:30am Rotation	<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>UPLIFT™ Strength</b> 9:00-10:00pm Rotation
<b>SHiNE Dance Fitness</b> 10:45-11:45am Rotation	<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/Marie
	<b>UPLIFT™ Strength</b> NOON-1:00pm Lizzie	<b>Barre Fusion</b> NOON-1:00pm Kamra	<b>New!</b> <b>Yoga Sculpt</b> NOON-1:00pm Kate B	<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	<b>3/13 New Class!</b> <b>Oula</b> 12:10-12:55 Jen C	
<b>Afternoon/Evening Classes</b>						
	<b>Silver Sneakers Classic</b> 1:30-2:30pm Logann	<b>Stretch &amp; Mobility</b> 1:30-2:30pm Jorge	<b>Silver Sneakers Classic</b> 1:30-2:30pm Logann	<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 Kate S	<b>UPLIFT™</b> 4:30-5:30pm Laurel	<b>Oula®</b> 4:30-5:25pm Rotation	<b>UPLIFT™</b> 4:30-5:30pm Lizzie	<b>UPLIFT™</b> 4:30-5:20pm Cassie	<b>UPLIFT™</b> 4:30-5:30pm Lizzie	
	<b>Oula®</b> 5:45-6:40pm Jan	<b>Zumba®</b> 5:30-6:30pm Laurel/Megan B	<b>SHiNE™</b> 5:40-6:40pm Lizzie	<b>Oula®</b> 5:25-6:30pm Cassie	<b>SHiNE™</b> 5:40-6:40pm Lizzie	

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



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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.

**Functional 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.

**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 Flow**– Find your flow and build strength in this dynamic yoga class. Link breath to movement as you transition through a creative sequence designed to awaken the body and calm the mind.

**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.