



# MISSOULA FAMILY YMCA

## SUNSET STUDIO SCHEDULE OVERVIEW

### 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>BODYPUMP™</b> 5:30-6:30am Sarah		<b>BODYPUMP™</b> 5:30-6:30am Sarah			
	<b>PiYo</b> 8:15-9:15am Megan K	<b>Hatha Yoga</b> 8:00-9:00am Bridget		<b>Hatha Yoga</b> 8:00-9:00am Bridget	<b>Oula</b> 8:00-9:00am Brittany	
		<b>Grit-n-Gainz</b> 9:30-10:30am Kamra	<b>Qigong</b> 9:00-10:00am Youngee	<b>Grit-n-Gainz</b> 9:30-10:30am Kamra	<b>New Time!</b> <b>AB Lab</b> 9:00-9:30AM LeShawn	<b>BODYPUMP™</b> 8:00-9:00am Rotation
	<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>BODYCOMBAT™</b> 9:10-10:10am Katherine
	<b>BODYPUMP™</b> NOON-1:00pm Megan 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	
<b>Afternoon/Evening Classes</b>						
		<b>NEW Time!</b> <b>Teen Tenacity</b> 4:00-5:00pm LeShawn	<b>BODYCOMBAT™</b> 4:30-5:30pm Katherine	<b>NEW Time!</b> <b>Teen Tenacity</b> 4:00-5:00pm LeShawn		
			<b>Body Strength</b> 5:30-6:30pm Jan/D'Et	<b>New!</b> <b>Zumba®</b> 5:30-6:20pm Laurel/Lexi		
		<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

## SUNSET STUDIO CLASS DESCRIPTIONS

### March 2026

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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 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!

**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.

**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.