

CHASCO Family YMCA Group Exercise Schedule

Effective 10/27/2025

MORNING

EVENING

TIME	MON	TUE	WED	THUR	FRI	SAT
5:20am	RPM Brenda/Cycle		SPRINT Sharonda/Cycle Les Mills Core (6:00) Sharonda/Studio 1		RPM Brenda/Cycle	Classes in red are fee-based
7am	Full Body Circuit Jill/PT Room			PILATES *60 (7:30) Lara/ Studio 2		
8am			BodyBalance (8:20) Brenda/Studio 2		Les Mills Core Terian/Studio 1	
8:30am	Les Mills Core Rachel/ Studio 1 Les Mills Pilates Brenda/Studio 2	BodyStep *60 Linda/Studio 1 *NEW CLASS!* Sprint Katie/Cycle	BodyPump Rachel/Studio 1	HIIT Jill/ Studio 1 Strength Development Nadya/Studio 2	BodyStep *45 Terian/Studio 1 BodyBalance Brenda/Studio 2 TRX Yoga/Pilates Jill/PT Room	BodyPump Rotation/Studio 1 Les Mills Pilates (8:45) Katie/Studio 2
9am	Tone (9:05) Rachel/Studio 1 RPM (9:05) Katie/Cycle	HIIT Nadya/Studio 2	RPM Angie/Cycle Rockin' Booty Nadya/Fitness Floor	BodyPump Katy/Studio 1	RPM (9:05) Sharonda/Cycle	
9:30am	Body Pump (9:45) Jamie/Studio 1 TRX Julie/PT Room Strength Development Rachel/PT Room	Les Mills Core (9:40) Nadya/Studio 1 BARRE Terian/Studio 2 Bosu Strength & Stability Julie/PT Room	Les Mills Core Rachel/Studio 1 Full Body Circuit Julie/Studio 2	BARRE Terian/Studio 2 TRX Julie/PT Room Women's Strength/ Conditioning Nadya/Fitness Floor	Body Pump Rachel/Studio 1 Full Body Circuit Nadya/Studio 2	RPM (9:40) Katie/Cycle BodyStep *45 (9:40) Rachel/Studio 1
10:05am		Women's Strength/ Conditioning (10:15) Nadya/Fitness Floor		Les Mills Tone Rachel/Studio 1		
10:35am		Zumba (10:30) Colette/Studio 1 Les Mills Pilates Terian/Studio 2			Les Mills Pilates Katie/Studio 1 Cardio Dance Kathy/Studio 2	
10:45am	Gentle Yoga Sherry/Studio 2 Senior Circuit Level 2 (11:15) Kate/PT Room		SilverSneakers Chair Yoga Meena/ Studio 1	Gentle Yoga Meena/Studio 1		Yoga (11:00) Tyaga/Studio 1
11:45am	Yoga Patricia/Studio 1		Yoga Studio 1			
12pm	Senior Circuit Level 1 (12:15) Kate/PT Room	SilverSneakers Classic Monica/Studio 1		SilverSneakers Classic Studio 1	Zumba Gold Monica/Studio 1	
1pm	SilverSneakers Yoga (2pm) Studio 1	Cancer Yoga Studio 2	Senior Circuit Level 1 Kate/PT Room	SilverSneakers EnerChi & Stability Studio 1		
5:30pm	Les Mills Core Demetria/Studio 1	BodyPump Jaime W/Studio	Les Mills Core Rachel/Studio 1	BodyPump Donna/Studio 1		
6:05pm	BodyStep *45 Demetria/Studio 1	BodyStep *60 Linda/Studio 1 *NEW CLASS!* RPM Diana/Cycle	BodyStep *45 Rachel/Studio 1	*NEW CLASS!* SPRINT Brenda/Cycle		
6:30pm		Zumba (6:45) Toshiko/Studio 1		SHAPES Dana/Studio 1		
7pm	BodyBalance Sarah/Studio 1		Yoga Sarah/Studio 1			

GROUP FITNESS RULES

- For safety issues, late entry is not allowed into BodyPump, RPM or SPRINT at any time for any reason.
- Purchase a summer all-access pass to try out these specialty programs! See the front desk for more info.
- No children are allowed in the studios at any time.
- Classes in red on the schedule are Small Group Training classes that run in 6-week sessions throughout the year for a small additional fee. See the front desk for additional information and fliers.
- For safety reasons no child under the age of 14 is allowed in the Group Fitness classes at any time.
- Children ages 14 and 15 may participate in Group Fitness classes if accompanied by an adult (18 and over).
- Members aged 16 and older may participate in any Group Fitness class unsupervised.
- Out of respect for other members, phone use during group fitness classes is prohibited.
- Classes and/or schedule subject to change at any time.

CLASS DESCRIPTIONS: AT A GLANCE

Unless otherwise noted, all fitness classes are for all fitness levels! Our Group Fitness staff will offer multiple modification options so all members can get a safe and effective workout. We also have the "Smart Start" option for every class, where members can leave after 20 minutes, or at any point they desire.

Les Mills BodyPump: A barbell strength class using light to moderate weights with lots of repetition to get you lean, toned and fit. There are both 45-minute and 60-minute formats, noted as such on the schedule.

Les Mills BodyStep: A full-body cardio workout using upbeat, rhythmic stepping, squat and lunge patterns, and additional movements like burpees, push ups and weight plate exercises. There are both 45-minute and 60-minute formats, noted as such on the schedule.

Les Mills BodyBalance: A 60 minute new generation yoga class is a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Les Mills Core: A 30 minute science-based program helps build strength, stability, and endurance in the muscles that support your core, improve balance, and assist injury prevention.

Les Mills Pilates: A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips.

Les Mills RPM: A 50 minute group indoor cycling workout where you control the intensity; with great music pumping and the group spinning as one, go on a journey of hill climbs, races and flat riding.

Les Mills SPRINT: A 30 minute high-intensity interval training (HIIT) workout on a bike; combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. ***Not for beginners***

Les Mills Tone: A 30 minute challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

Yoga: A 60 minute restorative class offers a chance to explore and refine basic postures, breathing techniques, and mind body connections of yoga.

Gentle Yoga: A 60 minute class for those interested in a gentle, less-intense and restorative yoga practice, perfect for beginners.

Cancer Yoga: A 60 minute yoga class for cancer patients and survivors that focuses on stimulating the immune system through movement as well as improving strength and flexibility.

Cardio Dance/ZUMBA: A 60 minute dance fitness class combining easy-to-follow moves with today's popular music

Full Body Circuit: A 60 minute total body workout combining strength, core and cardio using a variety of equipment and your own body weight

SilverSneakers Classic: Move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills.

SilverSneakers EnerChi & Balance: A modified Tai Chi class uses slow, flowing sequences with a chair as an option, and is aimed at improving overall well-being, strength, balance and focus.

SilverSneakers Yoga: A workout will move you through a series of seated and standing yoga poses designed to increase flexibility, balance, and range of movement, ending with breathing exercises and relaxation.

Zumba Gold: A lower intensity version of the traditional Zumba class, designed for active older adults