

# CHASCO Family YMCA Group Exercise Schedule

Effective 3/2/2026

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	BodyPump Rachel/Studio 1	HIIT Jill/ Studio 1  Strength Development Rachel/ 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	Sprint Katie/Cycle  HIIT Nadya/Studio 2	RPM Angie/Cycle  Rockin' Booty Nadya/Fitness Floor	BodyPump Katy/Studio 1  Women's Strength/ Conditioning Nadya/Fitness Floor	RPM (9:05) Sharonda/Cycle	
9:30am	Body Pump (9:45) Jamie/Studio 1  TRX Julie/PT Room  Strength Development Nadya/ Studio 2	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	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	Rockin Booty (10:20) Nadya/ Fitness Floor	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	*NEW CLASS!* Yogic Acrobatics and Martial Arts Tyaga/ 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 Patricia/ Studio 1			
12pm	Senior Circuit Level 1 (12:15) Kate/PT Room	SilverSneakers Classic Monica/Studio 1		SilverSneakers Classic Meena/ Studio 1	Zumba Gold Monica/Studio 1	
1pm	SilverSneakers Yoga (2pm) Meena/ Studio 1	Cancer Yoga Patricia/ Studio 2	Senior Circuit Level 1 Kate/PT Room	SilverSneakers EnerChi & Stability Meena/ 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 *45 Rachel/Studio 1			
6:30pm		Zumba (6:45) Toshiko/Studio 1		SHAPES Dana/Studio 1		
7pm	BodyBalance Sarah/Studio 1  Strength Development Nadya/ Studio 2		Yoga Sarah/Studio 1  Strength Development Rachel/ Studio 2			

## 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