



ALTRU FAMILY YMCA GROUP FITNESS CLASSES

FALL 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 am SPIN & STRENGTH Jenny	5:35 am YOGA Yoga Studio - Kerri	5:35 am SPIN & STRENGTH Jenny		Effective Sept 2	
8:30 am WATER FIT/PILATES Y Pool	8:30 am BOOT CAMP H2O Y Pool	8:30 am WATER FIT Y Pool	8:30 am BOOT CAMP H2O Y Pool	8:30 am WATER FIT Y Pool	8:15 am NUBODY Gr Ex Studio	
9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am SILVERSNEAKERS CIRCUIT Gr Ex Studio-Patti	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:00 am SHALLOW WATER POWER -YMCA Pool	
	10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:00 am YOGA Yoga Studio - Lance	
		11:00 am PARKINSON WELLNESS Fitness Center-Adam				
	11:30 am STRENGTH Gr Ex Studio-Sonia		11:30 am STRENGTH Gr Ex Studio-Sonia	11:30 am STRETCH & CORE Yoga Studio-Sonia		
	12:05-1:00 pm YOGA Yoga Studio - Saori		12:05-1:00 pm YOGA Yoga Studio - Saori ** No class Sept 11**			
12:10 pm GROUP CYCLING Andrea		12:10 pm GROUP CYCLING Andrea		12:10 pm GROUP CYCLING Sept 12 & 26 Only Andrea		
	1:30-2:15 pm SILVER SPLASH Y Pool - Saori		1:30-2:15 pm SILVER SPLASH Y Pool - Saori ** No class Sept 11**			
	4:30 pm NUBODY Gr Ex Studio-Julie		4:30 pm NUBODY Gr Ex Studio-Julie			
4:30 pm BOOM MUSCLE & MOVE Gr Ex Studio-Patti		4:30 pm BOOM MUSCLE & MOVE Gr Ex Studio-Patti				
	4:30 pm GROUP CYCLING Patti - 45 min	4:30 pm GROUP CYCLING Amber - 40 min	4:30 pm GROUP CYCLING Patti - 45 min			
5:15 pm SHALLOW WATER POWER		5:15 pm SHALLOW & DEEP WATER POWER				
	5:45 pm CARDIO STEP Gr Ex Studio-Stan		5:45 pm CARDIO STEP Gr Ex Studio-Stan			
7:00 pm BEGINNER BOXING Fitness Center-Josh		7:00 pm BEGINNER BOXING Fitness Center-Josh				



ALTRU FAMILY YMCA
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www.gfymca.org



YMCA Web Site

This schedule is subject to change at any time.
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Contact

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