



GROUP EXERCISE

Bob Adams Family Community YMCA

UPDATED ON 12/8/25

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

LES MILLS
BODYPUMP
5:30 AM
Gabby (55')

ZUMBA
8:00 AM
Rachel (60')

LES MILLS
RPM
8:30 AM
Bobbie (45')

LES MILLS
BODYPUMP
9:15 AM
Sandy (55')

barre
9:15 AM
Rachel (60')

yoga
10:30 AM
Christy B (75')

LES MILLS
tone
5:30 PM
Veronica (45')

LES MILLS
BODYPUMP
5:30 PM
Christy W (55')

sprint
5:30 PM
Jason (30')

LES MILLS
BODYBALANCE
6:30 PM
Rotational(55')

LES MILLS
GRIT
6:30 PM
Kimberly (30')

LES MILLS
RPM
5:30 AM
Patricia (45')

Tai Chi
7:00 AM
Jim (55')

LES MILLS
PILATES
8:00 AM
Lauren (45')

LES MILLS
sprint
8:30 AM
Nicole (30')

LES MILLS
BODYSTEP
9:00 AM
Sandy (55')

Strength Development
9:15 AM
Kaylee (45')

LES MILLS
BODYBALANCE
10:00 AM
Sandy (55')

SilverSneakers
CLASSIC
11:15 AM
Mary (45')

SilverSneakers
YOGA
12:15 PM
Mary (45')

LES MILLS
CORE
5:00 PM
Meredith (30')

LES MILLS
BODYCOMBAT
5:30 PM
Gabby (55')

LES MILLS
sprint
5:45 PM
Jason (30')

yoga
STRENGTH
6:30 PM
Christy B (60')

LES MILLS
BODYPUMP
5:30 AM
Nicole (55')

ZUMBA
8:15 AM
Daisy (55')

LES MILLS
RPM
8:30 AM
Bobbie (45')

FUNCTIONAL
STRENGTH
8:30 AM
Erica (30')

LES MILLS
BODYPUMP
9:15 AM
Christy W (55')

LES MILLS
CORE
10:30 AM
Kelly (30')

yoga
10:30 AM
Christy B (75')

Strength Development
5:30 PM
Kimberly (45')

LES MILLS
RPM
5:45 PM
Patricia (45')

LES MILLS
BODYBALANCE
6:30 PM
Gabby (55')

LES MILLS
sprint
5:30 AM
Bobbie (30')

Tai Chi
7:00 AM
Jim (55')

LES MILLS
PILATES
8:15 AM
Kelly (45')

LES MILLS
BODYPUMP
8:30 AM
Sandy (45')

sprint
8:30 AM
Nicole (30')

LES MILLS
BODYATTACK
9:15 AM
Nicole & Sandy (45')

LES MILLS
BODYBALANCE
10:00 AM
Christie R (55')

SilverSneakers
CLASSIC
11:15 AM
Mary (45')

SilverSneakers
YOGA
12:15 PM
Mary (45')

LES MILLS
CORE
5:00 PM
Veronica (30')

LES MILLS
BODYPUMP
5:30 PM
Meredith (55')

LES MILLS
GRIT
5:45 PM
Kimberly (30')

LES MILLS
RPM
5:45 PM
Patricia (30')

ZUMBA
6:30 PM
Miguel (55')

Strength Development
5:30 AM
Christy W (45')

LES MILLS
BODYCOMBAT
8:15 AM
Kaylee (55')

LES MILLS
BODYBALANCE
8:30 AM
Rotational(55')

LES MILLS
RPM
8:30 AM
Patricia (45')

LES MILLS
BODYPUMP
9:30 AM
Kaylee (55')

barre
11:00 AM
Meredith (55')

yoga
4:15 PM
Christy B (60')

LES MILLS
BODYCOMBAT
5:30 PM
Meredith (55')

sprint
5:30 PM
Maggy (30')

ADVANCED YOGA
Approval Required
5:30 PM
Christy B (60')

ZUMBA
6:30 PM
Daissy H (55')

ZUMBA
8:00 AM
Rachel (45')

LES MILLS
sprint
8:00 AM
Bobbie (45')

LES MILLS
BODYPUMP
9:00 AM
Akashia(55')

LES MILLS
BODYBALANCE
10:00 AM
Christie R (55')

yoga
Prenatal
11:30 AM
Christy B (60')

yoga
10:15 AM
Christy B (75')

LES MILLS
RPM
1:00 PM
Christy W (45')

2:00 PM
Veronica (55')

tone
3:15 PM
Meredith (45')

LES MILLS
BODYBALANCE
4:15 PM
Meredith (55')

SCHEDULE KEY

STUDIO X

GROUP EX ROOM

CYCLING STUDIO

BASKETBALL GYM

PAID PROGRAM



Visit YMCAWCF.ORG or the
Daxko Mobile App to check
out our classes online!

CATEGORY

CLASS

DESCRIPTION

STRENGTH

LES MILLS
BODYPUMP

BodyPump is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter, faster.

STRENGTH

LES MILLS
CORE

LesMills Core is an intense workout for functional fitness. Its scientifically designed to build strength, stability, and endurance in the muscles that supports your core, including the abs, glutes and back.

STRENGTH
CARDIO

 **BOOT
CAMP**

BootCamp is a mix of strength and cardio in a rotation of exercises that will hit all muscle groups with modifications for all fitness levels.

HIIT
STRENGTH
CARDIO

LES MILLS
GRIT

Grit is a high intensity interval workout that switches between short bursts of intensity and recovery periods- the best way to increase fitness, tone muscles, lose fat and become more athletic.

STRENGTH
CARDIO

LES MILLS
tone

LesMills Tone combines strength, cardio, and core exercises in one complete workout. It's a functional fitness mix that gives you the freedom to workout at your own intensity.

HIIT
CYCLE
CARDIO

LES MILLS
sprint

LesMills Sprint is a high intensity interval training workout using a stationary bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.

CYCLE
CARDIO

LES MILLS
RPM

RPM is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level, and hit an endorphin high.

CARDIO

LES MILLS
BODYCOMBAT

BodyCombat is mixed martial arts inspired workout that fuels cardio fitness and defines and strengthens the body. Feel empowered as you build phenomenal core strength.

CARDIO

LES MILLS
BODYATTACK

BodyAttack is a high energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports inspired training like running, lunging and jumping with strength exercises.

CARDIO

 **ZUMBA**

Zumba is a high energy aerobics dance class inspired by latin beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!

FLEXIBILITY
MIND/BODY

LES MILLS
PILATES

Les Mills Pilates is a 45-minute mind-body workout that blends traditional Pilates with music and modern movement. Controlled exercises strengthen the core, glutes, back, and hips while breathwork and coaching improve mobility and overall well-being.

FLEXIBILITY
MIND/BODY

LES MILLS
BODYBALANCE

Body Balance is a yoga, tai chi, and pilates workout that helps build flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of well-being.

FLEXIBILITY
MIND/BODY

 **yoga**

Yoga emphasizes strength, balance, and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.

FLEXIBILITY
MIND/BODY

barre

Barre is a hybrid workout combining ballet inspired moves with elements of pilates, dance, yoga and strength training using classic dance moves such as plies, alongside static stretches.

FLEXIBILITY
MIND/BODY

 **Silver Sneakers
CLASSIC**

Silver Sneakers Classic is a workout offering standing, low impact choreography, alternated with standing upper body strength work. You will use hand weights, elastic tubing with handles, a Silver Sneakers ball and a chair available for standing support.

FLEXIBILITY
MIND/BODY

 **Silver Sneakers
YOGA**

Silver Sneakers Yoga uses chair support so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction & clarity.

FLEXIBILITY
MIND/BODY

Tai Chi

Tai Chi is a centuries old form of exercise from China. Regular practice of these slow, graceful movements can improve balance, reduce stress, and promote good health.

CARDIO

LES MILLS
BODYSTEP

Body Step uses a step to build fitness and tone your body, especially your legs and glutes. It combines basic stepping with other exercises like squats, lunges, and push-ups, set to upbeat music. The class is suitable for all fitness levels.

STRENGTH

Strength Development

Les Mills Strength Development is a 45-minute, twice-weekly program that builds muscle, improves lifting technique, and boosts confidence. Designed for all fitness levels, it uses a science-backed, 12-week progression to develop strength, power, and athleticism.