



# GROUP EXERCISE

## Bob Adams Family Community YMCA

UPDATED ON 1/27/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills <b>BODYPUMP</b> 5:30 AM Gabby (55')	LesMills <b>RPM</b> 5:30 AM Patricia (45')	LesMills <b>BODYPUMP</b> 5:30 AM Nicole (55')	LesMills <b>Sprint</b> 5:30 AM Bobbie (30')	Strength Development 5:30 AM Christy W (45')	ZUMBA 8:00 AM Rachel (45')	yoga 10:15 AM Christy B (75')
ZUMBA 8:00 AM Rachel (60')	Tai Chi 7:00 AM Jim (55')	ZUMBA 8:15 AM Daisy (55')	Tai Chi 7:00 AM Jim (55')	LesMills <b>BODYCOMBAT</b> 8:15 AM Rotational(55')	sprint 8:00 AM Bobbie (45')	LesMills <b>RPM</b> 1:00 PM Christy W (45')
LesMills <b>RPM</b> 8:30 AM Bobbie (45')	LesMills <b>PILATES</b> 8:00 AM Lauren (45')	LesMills <b>RPM</b> 8:30 AM Bobbie (45')	LesMills <b>PILATES</b> 8:15 AM Kelly (45')	LesMills <b>BODYBALANCE</b> 8:30 AM Rotational(55')	LesMills <b>BODYPUMP</b> 9:00 AM Akashia(55')	ZUMBA 2:00 PM Veronica (55')
LesMills <b>BODYPUMP</b> 9:15 AM Sandy (55')	LesMills <b>Sprint</b> 8:30 AM Nicole (30')	FOUNDATIONAL STRENGTH 8:30 AM Erica (30')	LesMills <b>BODYPUMP</b> 8:30 AM Sandy (45')	LesMills <b>RPM</b> 8:30 AM Patricia (45')	LesMills <b>BODYBALANCE</b> 10:00 AM Christie R (55')	LesMills <b>tone</b> 3:15 PM Meredith (45')
barre 9:15AM Rachel (60')	LesMills <b>BODYPUMP</b> 8:30 AM Sandy (45')	LesMills <b>BODYPUMP</b> 9:15 AM Christy W (55')	LesMills <b>CORE</b> 10:30 AM Kelly (30')	LesMills <b>BODYATTACK</b> 9:15 AM Nicole & Sandy (45')	LesMills <b>BODYPUMP</b> 9:30 AM Eleni (55')	LesMills <b>BODYBALANCE</b> 4:15 PM Meredith (55')
Yoga 10:30 AM Christy B (75')	Strength Development 9:15AM Kaylee (45')	Yoga 10:30 AM Christy B (75')	LesMills <b>BODYBALANCE</b> 10:00 AM Christie R (55')	SilverSneakers <b>CLASSIC</b> 11:15 AM Mary (45')	barre 11:00 AM Meredith (55')	Prenatal 11:30 AM Christy B (60')
LesMills <b>tone</b> 5:30 PM Veronica (45')	LesMills <b>BODYBALANCE</b> 10:00 AM Sandy (55')	Strength Development 5:30 PM Kimberly (45')	SilverSneakers <b>YOGA</b> 12:15 PM Mary (45')	SilverSneakers <b>YOGA</b> 12:15 PM Mary (45')	Yoga 4:15 PM Christy B (60')	
LesMills <b>BODYPUMP</b> 5:30 PM Christy W (55')	SilverSneakers <b>CLASSIC</b> 11:15 AM Mary (45')	LesMills <b>RPM</b> 5:45 PM Patricia (45')	LesMills <b>CORE</b> 5:00 PM Veronica (30')	LesMills <b>BODYCOMBAT</b> 5:30 PM Meredith (55')		
LesMills <b>sprint</b> 5:30 PM Jason (30')	SilverSneakers <b>YOGA</b> 12:15 PM Mary (45')	LesMills <b>BODYBALANCE</b> 6:30 PM Gabby (55')	LesMills <b>CORE</b> 5:00 PM Veronica (30')	LesMills <b>Sprint</b> 5:30 PM Maggy (30')		
LesMills <b>BODYBALANCE</b> 6:30 PM Rotational(55')	LesMills <b>CORE</b> 5:00 PM Meredith (30')	LesMills <b>BODYBALANCE</b> 6:30 PM Gabby (55')	LesMills <b>BODYPUMP</b> 5:30 PM Meredith (55')	ADVANCED YOGA Approval Required 5:30 PM Christy B (60')	ZUMBA 6:30 PM Daissy H (55')	
LesMills <b>GRIT</b> 6:30 PM Kimberly (30')	LesMills <b>BODYCOMBAT</b> 5:30 PM Gabby (55')	LesMills <b>sprint</b> 5:45 PM Jason (30')	LesMills <b>GRIT</b> 5:45 PM Kimberly (30')	LesMills <b>RPM</b> 5:45 PM Patricia (30')	ZUMBA 6:30 PM Miguel (55')	
		Yoga 6:30 PM Christy B (60')				

### SCHEDULE KEY

STUDIO X

GROUP EX ROOM

CYCLING STUDIO

BASKETBALL GYM

PAID PROGRAM



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Daxko Mobile App to check  
out our classes online!

CATEGORY	CLASS	DESCRIPTION
STRENGTH	 <b>LesMills BODYPUMP</b>	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	 <b>LesMills CORE</b>	LesMills Core is an intense workout for functional fitness. It's scientifically designed to build strength, stability, and endurance in the muscles that supports your core, including the abs, glutes and back.
STRENGTH CARDIO	 <b>LesMills BOOTCAMP</b>	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	 <b>LesMills GRIT</b>	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	 <b>LesMills tone</b>	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	 <b>LesMills Sprint</b>	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	 <b>LesMills RPM</b>	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	 <b>LesMills BODYCOMBAT</b>	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	 <b>LesMills BODYATTACK</b>	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	 <b>ZUMBA</b>	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	 <b>LesMills PILATES</b>	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	 <b>LesMills BODYBALANCE</b>	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	 <b>yoga</b>	Yoga emphasizes strength, balance, and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.
FLEXIBILITY MIND/BODY	 <b>barre</b>	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	 <b>Silver Sneakers CLASSIC</b>	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	 <b>Silver Sneakers YOGA</b>	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	 <b>Tai Chi</b>	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	 <b>LesMills BODYSTEP</b>	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	 <b>Strength Development</b>	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.