



# GROUP EXERCISE

## Bob Adams Family Community YMCA

UPDATED ON 1/27/2026

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**  
8:30 AM  
Sandy (45')

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')

FOUNDATIONAL  
**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  
Rotational(55')

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

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

LES MILLS  
**BODYPUMP**  
9:30 AM  
Eleni (55')

**barre**  
11:00 AM  
Meredith (55')

yoga  
4:15 PM  
Christy B (60')

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

LES MILLS  
**sprint**  
5:30 PM  
Maggie (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')

**ZUMBA**  
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



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out our classes online!

## CATEGORY

## CLASS

## DESCRIPTION

### STRENGTH



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 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



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



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 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 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



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



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



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 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 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



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

### FLEXIBILITY MIND/BODY



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 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 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 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



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



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.