



# GROUP EXERCISE

Bob Adams Family Community YMCA

UPDATED ON 12/8/25

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

**LesMILLS BODYPUMP**  
5:30 AM  
Gabby (55')

**ZUMBA**  
8:00 AM  
Rachel (60')

**LesMILLS RPM**  
8:30 AM  
Bobbie (45')

**LesMILLS BODYPUMP**  
9:15 AM  
Sandy (55')

**barre**  
9:15 AM  
Rachel (60')

**yoga**  
10:30 AM  
Christy B (75')

**LesMILLS tone**  
5:30 PM  
Veronica (45')

**LesMILLS BODYPUMP**  
5:30 PM  
Christy W (55')

**LesMILLS sprint**  
5:30 PM  
Jason (30')

**LesMILLS BODYBALANCE**  
6:30 PM  
Rotational(55')

**LesMILLS GRIT**  
6:30 PM  
Kimberly (30')

**LesMILLS RPM**  
5:30 AM  
Patricia (45')

**Tai Chi**  
7:00 AM  
Jim (55')

**PILATES**  
8:00am  
Lauren (45')

**sprint**  
8:30 AM  
Nicole (30')

**LesMILLS BODYSTEP**  
9:00 AM  
Sandy (55')

**Strength Development**  
9:15 AM  
Kaylee (45')

**LesMILLS BODYBALANCE**  
10:00 AM  
Sandy (55')

**Silver Sneakers CLASSIC**  
11:15 AM  
Mary (45')

**Silver Sneakers YOGA**  
12:15 PM  
Mary (45')

**CORE**  
5:00 PM  
Meredith (30')

**LesMILLS BODYCOMBAT**  
5:30 PM  
Gabby (55')

**sprint**  
5:45 PM  
Jason (30')

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

**LesMILLS BODYPUMP**  
5:30 AM  
Nicole (55')

**ZUMBA**  
8:15 AM  
Daisy (55')

**LesMILLS RPM**  
8:30 AM  
Bobbie (45')

**FUNCTIONAL STRENGTH**  
8:30 AM  
Erica (30')

**LesMILLS BODYPUMP**  
9:15 AM  
Christy W (55')

**CORE**  
10:30 AM  
Kelly (30')

**yoga**  
10:30 AM  
Christy B (75')

**Strength Development**  
5:30 PM  
Kimberly (45')

**LesMILLS RPM**  
5:45 PM  
Patricia (45')

**LesMILLS BODYBALANCE**  
6:30 PM  
Gabby (55')

**sprint**  
5:30 AM  
Bobbie (30')

**Tai Chi**  
7:00 AM  
Jim (55')

**PILATES**  
8:15am  
Kelly (45')

**LesMILLS BODYPUMP**  
8:30 AM  
Sandy (45')

**sprint**  
8:30 AM  
Nicole (30')

**LesMILLS BODYATTACK**  
9:15 AM  
Nicole & Sandy (45')

**LesMILLS BODYBALANCE**  
10:00 AM  
Christie R (55')

**Silver Sneakers CLASSIC**  
11:15 AM  
Mary (45')

**Silver Sneakers YOGA**  
12:15 PM  
Mary (45')

**CORE**  
5:00 PM  
Veronica (30')

**LesMILLS BODYPUMP**  
5:30 PM  
Meredith (55')

**LesMILLS GRIT**  
5:45 PM  
Kimberly (30')

**LesMILLS RPM**  
5:45 PM  
Patricia (30')

**ZUMBA**  
6:30 PM  
Miguel (55')

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

**LesMILLS BODYCOMBAT**  
8:15 AM  
Kaylee (55')

**LesMILLS BODYBALANCE**  
8:30 AM  
Rotational(55')

**LesMILLS RPM**  
8:30 AM  
Patricia (45')

**LesMILLS BODYPUMP**  
9:30 AM  
Kaylee (55')

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

**yoga**  
4:15 PM  
Christy B (60')

**LesMILLS 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  
Daisy H (55')

**ZUMBA**  
8:00 AM  
Rachel (45')

**sprint**  
8:00 AM  
Bobbie (45')

**LesMILLS BODYPUMP**  
9:00 AM  
Akashia(55')

**LesMILLS BODYBALANCE**  
10:00 AM  
Christie R (55')

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

**yoga**  
10:15 AM  
Christy B (75')

**LesMILLS RPM**  
1:00 PM  
Christy W (45')

**ZUMBA**  
2:00 PM  
Veronica (55')

**LesMILLS tone**  
3:15 PM  
Meredith (45')

**LesMILLS BODYBALANCE**  
4:15 PM  
Meredith (55')

## SCHEDULE KEY

- STUDIO X
- GROUP EX ROOM
- CYCLING STUDIO
- BASKETBALL GYM
- PAID PROGRAM



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# 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



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



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



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



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



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.