



GROUP FITNESS SCHEDULE SUMMER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10 AM CYCLING Jackie A	5:10 AM POWER CIRCUIT Barb GYM	5:10 AM <small>LES MILLS</small> CORE Teresa B	5:10 AM <small>LES MILLS</small> BODYPUMP Teresa B	5:10 AM TABATA CIRCUIT Barb GYM		
8:10 AM WATER FITNESS Susan/Gary Pool	8:10 AM POWER WAVES Susan Pool	8:10 AM WATER FITNESS Gary Pool	8:10 AM POWER WAVES Susan Pool	8:10 AM WATER FITNESS Kristi Pool	8:15 AM <small>LES MILLS</small> BODYPUMP Rotate B	
8:15 AM <small>LES MILLS</small> BODYCOMBAT Autumn/Hannah B	8:15 AM <small>LES MILLS</small> BODYPUMP Cari B	8:15 AM <small>LES MILLS</small> CORE <small>30'</small> Cari B	8:15 AM <small>LES MILLS</small> BODYPUMP Autumn/Barb B	8:15 AM TOTAL BODY TONE Jolene B	8:15 AM <small>LES MILLS</small> BODYCOMBAT <i>(1st Saturday of each month)</i> Rotate B	
		8:45 AM ON DEMAND FITNESS CYCLE A		9:15 AM <small>LES MILLS</small> CORE <small>30'</small> Cari A		Studio Locations: Studio A = Upstairs Studio B = Downstairs
9:15 AM TOTAL BODY TONE Tamara B	9:15 AM DANCE FIT Jolene/Angela B	8:50 AM <small>LES MILLS</small> BODYCOMBAT Autumn/Hannah B	9:15 AM DANCE FIT Jolene/Angela B	9:15 AM DANCE FIT EASE Jolene/Angela B	9:30 AM YOGA Rotate B	
10:15 AM GENTLE YOGA Mary B	10:15 AM STAY FIT Tammi B	10:15 AM YOGA/PILATES Tamara B	10:15 AM STAY FIT Tammi B	10:15 AM GENTLE YOGA Amber B		All classes are 45-50 minutes unless noted otherwise.
11:15 AM ENHANCE® FITNESS Registration Required	11:15 AM FOREVERWELL® CARDIO Mary B	11:15 AM ENHANCE® FITNESS Registration Required	11:15 AM FOREVERWELL® STRENGTH Autumn B	11:15 AM ENHANCE® FITNESS Registration Required		
12:15 PM TRX <small>30'</small> Circuit Tammi GYM	12:15 PM <small>30'</small> PILATES Mary B	12:15 PM <small>LES MILLS</small> CORE <small>30'</small> Jessie B	12:15 PM FOREVERWELL® CHAIR YOGA <small>30'</small> Amber B	12:15 PM FOREVERWELL® BALANCE Tammi B		
5:15 PM YOGA <i>(with Sound Bath 2nd Monday of month)</i> Sandy A						
5:15 PM ZUMBA Andria/Mari B	5:15 PM <small>LES MILLS</small> BODYPUMP Barb B	5:15 PM TOTAL BODY TONE Michelle B	5:15 PM <small>LES MILLS</small> BODYPUMP Rachael/Andria B			



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | SUMMER 2026

CLASS DESCRIPTIONS:

LES MILLS™ BODYPUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

LES MILLS™ CORE@: Exercising muscles around the core, this class provides the vital ingredient for a stronger body. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

LES MILLS™ BODYCOMBAT™: BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Bring your best fighter attitude and leave inhibitions at the door.

ENHANCE@FITNESS: This class is an evidence-based group exercise arthritis and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. ***This program runs 16 weeks at a time. Registration is required.***

FOREVERWELL@ CARDIO: This Foreverwell Cardio class is low impact and easy on the joints, intended to improve cardiovascular health. Participants can take the class standing or seated in a chair.

FOREVERWELL@ STRENGTH: This Foreverwell Strength class is designed to help participants improve their bone density, muscular strength, and range of motion. We will use a variety of equipment such as dumbbells, resistance bands and balls. Participants can take this class standing or seated in a chair.

FOREVERWELL@ BALANCE: This Foreverwell Balance class is designed to help participants improve their coordination and balance to help prevent falls. Chairs will be used for assistance.

FOREVERWELL@ CHAIR YOGA: This Foreverwell Chair yoga class is an accessible, low-impact class using a chair for support to improve strength, flexibility, and balance. This practice combines seated and standing poses with deep breathing to reduce stress, improve posture, and increase mobility without requiring floor work.

STAY FIT: A moderate intensity class with exercises designed to increase muscular strength, range of motion, heart health and activities for daily living.

CYCLING: Group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

TOTAL BODY TONE: Total Body Tone provides you with a well-rounded workout to meet all of your needs. This class will use a variety of equipment and include cardiorespiratory, strength, and flexibility/mobility training to allow you to discover new ways to challenge yourself each week. This class is suitable for all fitness levels.

YOGA: Yoga will take you through a series of poses that combine flexibility, strength, power, and balance. This class provides an excellent and complete flexibility and toning workout.

PILATES: Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

GENTLE YOGA: A low intensity class that will help improve flexibility, strength and balance.

TRX@ CIRCUIT: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. We will also include stations of other various equipment and exercises!

TOTAL BODY TONE: Total Body Tone provides you with a well-rounded workout to meet all of your needs. This class will use a variety of equipment and include cardiorespiratory, strength, and flexibility/mobility training to allow you to discover new ways to challenge yourself each week. This class is suitable for all fitness levels.

TABATA CIRCUIT: Includes stations of various equipment and timed exercises that will change weekly!

POWER CIRCUIT: Build strength, power, and endurance in this total-body circuit workout. Rotate through timed stations using weights, bodyweight, and functional movements designed to challenge every major muscle group. Work at your own pace, choose your weights, and leave feeling stronger from head to toe.

WATER FITNESS: This water fitness class will use a combination of shallow and deep-water exercises that will include cardio and muscle strengthening. Suitable for all levels.

POWER WAVES: A higher intensity aqua workout with interval training and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

ZUMBA: An aerobic fitness program featuring movements inspired by various styles of dance, with an emphasis on Latin style. Great for experienced dancers or those just trying dance for the first time!

DANCE FIT: Is a class that combines dance with cardio, strength, and stretching exercises, set to upbeat music. It's a fun, judgment free environment where participants can get a workout while enjoying the music and movement of familiar songs you know and love today!

DANCE FIT EASE: is a modified dance class for active older adults that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.