GROUP FITNESS SCHEDULE
FALL 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10 AM CYCLING Jackie | A		**5:10 AM** TOTAL BODY TONE Teresa | B	**5:10 AM** LesMILLS BODYPUMP Teresa | B	**5:10 AM** 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	**7:00 AM** WATER FITNESS Kristi | Pool	**8:15 AM** LesMILLS BODYPUMP Rotate | B	
8:15 AM LesMILLS BODYCOMBAT Hannah | B	**8:15 AM** LesMILLS BODYPUMP Cari | B	**8:15 AM** LesMILLS CORE 30' Cari | B	**8:15 AM** LesMILLS BODYPUMP Barb | B	**8:15 AM** TOTAL BODY TONE Jolene | B	**8:15 AM** LesMILLS BODYCOMBAT *(1st Saturday of each month)* Rotate | B	
9:10 AM DEEP WATER Susan | Pool	**8:45 AM** CYCLING Karen | A	**8:50 AM** LesMILLS BODYCOMBAT Hannah | B		**9:15 AM** LesMILLS CORE 30' Cari | A		Studio Locations: Studio A = Upstairs Studio B = Downstairs All classes are 40-50 minutes unless noted otherwise. Download the REMIND app to receive group fitness updates. Join class @ymcagf5
9:15 AM TOTAL BODY TONE Tamara | B	**9:15 AM** DANCE FIT Jolene/Angela | B		**9:15 AM** DANCE FIT Jolene/Angela | B	**9:15 AM** DANCE FIT EASE Jolene | B	**9:30 AM** YOGA Rotate | B	
	9:45 am ROLLGA 30' Karen | A		**9:15 AM** YOGA Pamela | A			
10:15 AM GENTLE YOGA Micara | B	**10:15 AM** STAY FIT Tammi | B	**10:15 AM** STEP AND STRENGTH Lyssa | B	**10:15 AM** STAY FIT Tammi | B	**10:15 AM** GENTLE YOGA Amber | B		
11:15 AM ENHANCE® FITNESS **Registration Required**	**11:15 AM** FOREVERWELL® CARDIO Karen | B	**11:15 AM** ENHANCE® FITNESS **Registration Required**	**11:15 AM** FOREVERWELL® STRENGTH Pamela | B	**11:15 AM** ENHANCE® FITNESS **Registration Required**		
12:15 PM TRX® 30' Circuit Tammi | GYM	**12:15 PM** POWER 30 30' Karen | B	**12:15 PM** LesMILLS BODYPUMP (45 MIN) Jackie | B		**12:15 PM** FOREVERWELL® BALANCE & STRETCH Tammi | B		
5:15 PM LesMILLS BODYPUMP Andria/Barb | B	**5:15 PM** HIIT CYCLE 30' Michelle | A	**5:15 PM** LesMILLS BODYPUMP Rachael | B	**5:15 PM** HIIT CYCLE 30' Michelle | A			
5:15 PM YOGA Sandy | A	**5:45 PM** CORE (20 MIN) Michelle | A	**5:15 PM** ZUMBA Andria/Mari | A	**5:45 PM** MAT PILATES (20 MIN) Michelle | A			
	5:15 PM WATER FITNESS Gary | Pool					

GROUP FITNESS DESCRIPTIONS
ALEXANDRIA AREA YMCA | FALL 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.

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.

STEP & STRENGTH: Step up your fitness with this fun, energetic class! Enjoy 30 minutes of step-based cardio to improve endurance and coordination, followed by 15 minutes of targeted toning to strengthen and sculpt your muscles.

MAT 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.

POWER 30: Build strength and power in this efficient 30-minute, weights-focused workout! This class combines functional strength exercises with a variety of resistance training movements to challenge your muscles and improve overall strength.

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.

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

HIIT CYCLE: This 30-minute cycling workout combines high-intensity intervals with recovery periods to build cardiovascular endurance, strength, and power.

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.

DEEP WATER: This class provides a full-body, challenging workout that combines cardiovascular conditioning and muscular strength. Great for those who are seeking a high-intensity, land-alternative workout. Participants will use flotation belts to keep participants buoyant.

ROLLGA: Rollga Is a cross-directional foam roller designed to stabilize the hips, align the back and increase range of motion. The Rollga foam roller is ideal for muscle recovery, fascial health and functional restoration of movement.

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.