



# GROUP EXERCISE SCHEDULE

## WINTER 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Land		Fusion Fitness 5:15 AM Studio A		Fusion Fitness 5:15 AM Studio A		
		Ball Class 8:15 AM Studio A		Ball Class 8:15 AM Studio A		
			Yoga 9:15 AM Studio A			YMCA WOD 9:00 AM Box
	Yoga 9:00 AM Studio B					
	Pilates 5:00 PM Studio B	Lunch Yoga 12:15 PM Studio B	Pilates 5:00 PM Studio B	Lunch Yoga 12:15 PM Studio B		Yoga* 10:15 AM Studio B
	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B	Step Interval 5:30 PM Studio A	Yoga 5:00 PM Studio B		
	Hip Hop Fitness 6:00 PM Studio B	Dumbbells and Ponytails 6 PM Studio A	Hip Hop Fitness 6:00 PM Studio B	Dumbbells and Ponytails 6 PM Studio A		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle						Beats on the BIKE 8:15 AM
	Studio Cycle 12:15 PM		Studio Cycle 12:15 PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Rusty Hinges 9:00 AM	Rusty Hinges 9:00 AM	Rusty Hinges 9:00 AM	Rusty Hinges 9:00 AM	Rusty Hinges 9:00 AM	
		Aqua Fitness 5:30 PM		Aqua Fitness 5:30 PM		

**Classes:**

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.

For class descriptions, please visit our website at [www.saltforkymca.org](http://www.saltforkymca.org), Wellness tab, then Group Exercise.

12/09/2025

## GROUP EXERCISE:

### BALL CLASS

- \* Build strength, flexibility and balance

### FUSION FITNESS

- \* High intensity, short burst circuit training
- \* Exert energy, work together, get blood pumping
- \* Stations of cardio, strength, plyometric and core training focus

### STEP INTERVAL

- \* Incorporates intervals of movements on and around a step
- \* Enhances your cardio endurance, strength, coordination and balance
- \* Each interval provides a new challenge

### YOGA

- \* Combines posture, breathing and focus
- \* Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- \* Each instructor will bring their own unique style to their class

## GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length). Each 30-45 min session can burn anywhere from 250-350 calories!

## GROUP WATER:

### AQUA Fitness

- \* Low impact, high-energy aquatic exercise
- \* Aqua Fitness blends the Dance fitness with water resistance
- \* Less impact on your joints
- \* Water creates natural resistance, which helps tone muscles

### RUSTY HINGES

- \* Shallow water workout
- \* Focuses on range of motion, flexibility and light cardio
- \* Non-impact with resistance
- \* Great for arthritis and joint pain and/or recovering from an injury

### DEEP WATER AEROBICS

- \* Invigorating class to increase your sense of well-being through muscle toning
- \* Zero impact class due to being in the deep water
- \* Must be comfortable in the water to participate in this class