

Group Exercise Schedule

IRONWORKS BRANCH

NOVEMBER 2026

MONDAY

A.M. CLASSES

Time	Class	Location	Instructor
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:15-9:15	Vinyasa	SMB	Liliana
8:30-9:15	Strength & Cardio Fusion	KF MP	Sarah
8:45-9:30	Y's Way	Gym	Kat
9:30-10:30	BodyPump	KF MP	Laurel

P.M. CLASSES

Time	Class	Location	Instructor
5:20-6:20	BodyPump	KF MP	Heather
6:30-7:15	Zumba	KF MP	Katy

TUESDAY

Time	Class	Location	Instructor
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:00-9:30	GRIT	KF MP	Sarah
9:35-10:05	Core & More	KF MP	Sarah
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Michelle

Time	Class	Location	Instructor
12:00-12:45	SoulBody Barre	KF MP	Erin
4:15-5:15	BodyPump	KF MP	Dawn
5:30-6:15	RPM	Cycling Studio	Lisa

WEDNESDAY

Time	Class	Location	Instructor
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:15-9:15	Vinyasa	SMB	Liliana
8:15-9:00	RPM	Cycling Studio	Stacy
8:45-9:30	Y's Way	Gym	Juanita
9:05-9:35	LesMills Core	KF MP	Sarah

Time	Class	Location	Instructor
12:00-1:00	Vinyasa	SMB	Liliana
5:00-5:45	BodyPump	KF MP	Dawn
5:55-6:25	LesMills Core	KF MP	Heather
6:00-7:00	Hatha Yoga	SMB	Brenda
6:35-7:20	Zumba	KF MP	Katy

THURSDAY

Time	Class	Location	Instructor
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:30-10:30	BodyPump	KF MP	Laurel
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Penny

Time	Class	Location	Instructor
12:00-12:45	SoulBody Cardio	KF MP	Erin
4:30-5:15	Sculpt RPM	Cycling Studio	Renee F.

FRIDAY

Time	Class	Location	Instructor
5:00-5:45	BodyBalance	SMB	Jess
8:30-9:00	LesMills Core	KF MP	Sarah
8:45-9:30	Y's Way	Gym	Juanita
9:05-10:00	BodyCombat	KF MP	Sarah

Time	Class	Location	Instructor
4:30-5:30	BodyPump	KF MP	Dawn

SATURDAY

Time	Class	Location	Instructor
7:15-8:15	BodyPump	KF MP	Heather
8:25-8:55	LesMills Core	KF MP	Heather
9:00-10:00	Vinyasa	SMB	Liliana
10:15-11:15	Gentle Yoga	SMB	Liliana

SUNDAY

Time	Class	Location	Instructor
8:15-8:45	GRIT	KF MP	Sarah
8:15-9:00	RPM	Cycling Studio	Renee F./ Lisa**
8:15-9:15	Pilates	SMB	Bobbi
8:50-9:35	Exprs Combat	KF MP	Sarah
9:45-10:30	Zumba	KF MP	Katy
10:00-11:00	Yin Yoga	SMB	Aaron

**Reservation required

To make your reservations, download the YMCA360 app at www.statineymca.org/connect.

Class descriptions and more can be found at www.statineymca.org/elevate.

All area schedules can be found in our YMCA360 app, or at www.statineymca.org/schedules

Questions? Call the Y at (608) 365-2261 or email Erin at escott@statineymca.org.