

Group Exercise Schedule

ROSCOE BRANCH

JULY 2026

MONDAY

A.M. CLASSES

Time	Class	Location	Instructor
5:30-6:30	Morning Mashup	Gym	Amy
8:10-8:40	Sprint	Gym	Stacy H.**
9:00-9:50	Functional Strength	Gym	Ann M.
10:10-10:55	ForeverFit	Gym	Michelle
11:05-11:45	Pedal for Progress	Gym	Michelle+

P.M. CLASSES

Time	Class	Location	Instructor
5:15-6:15	BodyPump	Gym	Renee F.

TUESDAY

Time	Class	Location	Instructor
5:15-6:15	BodyPump	Gym	Stacy H.
8:00-8:45	BodyPump HEAVY	Gym	Polly**
9:00-10:00	BodyCombat	Gym	Ann H./ Ann M.
10:10-10:55	Pilates	Gym	Joan

Time	Class	Location	Instructor
4:30-5:15	BodyPump HEAVY	Gym	Renee F.**
5:30-6:00	Sprint	Gym	Renee F.**
6:10-6:55	Zumba	Gym	Heather

WEDNESDAY

Time	Class	Location	Instructor
5:30-6:30	Morning Mashup	Gym	Stacy Y.
8:10-8:40	Sprint	Gym	Ann M.**
9:00-9:50	Functional Strength	Gym	Ann M.
10:10-10:55	ForeverFit	Gym	Carly
11:05-11:45	Pedal for Progress	Gym	Rotation+

Time	Class	Location	Instructor
5:15-6:15	BodyPump	Gym	Polly/ Renee F.

THURSDAY

Time	Class	Location	Instructor
5:15-6:15	BodyPump	Gym	Stacy H.
9:00-10:00	BodyCombat	Gym	Sarah
10:10-10:55	Pilates	Gym	Joan

Time	Class	Location	Instructor
5:30-6:00	Sprint	Gym	Erin**
6:10-6:55	Zumba	Gym	Alisha

FRIDAY

Time	Class	Location	Instructor
5:05-5:35	Sprint	Gym	Sarah**
5:45-6:15	GRIT	Gym	Sarah
8:10-8:40	Sprint	Gym	Erin**
9:00-9:50	SoulBody Restore	Gym	Erin
10:10-10:55	ForeverFit	Gym	Alisha
11:05-11:45	Pedal for Progress	Gym	Theresa+

**Reservation required

+This chronic disease program requires a Parkinson's Disease diagnosis for participation.

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

SATURDAY

Time	Class	Location	Instructor
6:45-7:45	BodyPump	Gym	Renee F.
7:55-8:25	LesMills Core	Gym	Polly
8:35-9:35	BodyCombat	Gym	Polly
9:45-10:30	Pilates	Gym	Joan

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

SUNDAY

Branch Closed