



DUNIGAN FAMILY YMCA GROUP EXERCISE



GROUP EXERCISE September 8- October 19, 2026

Monday

TIME	LENGTH	CLASS	STUDIO
5:10-5:40 AM	30	RPM™	CYCLE
8:10-9:05 AM	55	BODYJAM™	A
8:30-9 AM	30	SB UNHITCHED	B
8:30-9:25 AM	55	RESTORATIVE YOGA	YOGA
9:15-10 AM	45	RPM™	CYCLE
9:15-10 AM	45	POWER BURN	C
10-10:55 AM	55	FLOW YOGA	YOGA
10:15-10:45 AM	30	CORE™	C
12-1 PM	60	*BODYPUMP™	C
4:30-5:25 PM	55	BODYATTACK™	C
5:30-6:15 PM	45	CORE™	C
5:30-6:15 PM	45	RPM™	CYCLE
5:45-6:40 PM	55	ZUMBA®	A
5:45-6:40 PM	55	GENTLE YOGA	YOGA

Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
8:30-9 AM	30	*SHOCKWAVE	C
9:15-9:45 AM	30	RPM™	CYCLE
9:15-10:15 AM	60	*BODYPUMP HEAVY™	C
10-10:45 AM	45	CORE™	B
10:30-11:15 AM	45	WARM ATHLETIC STRETCH	YOGA
12-12:45 PM	45	BODYCOMBAT™	C
4:15-5:10 PM	55	*HOT FLOW YOGA	YOGA
4:15-5:15 PM	60	*BODYPUMP™	C
4:30-5:15 PM	45	BODYCOMBAT™	A
5:30-6 PM	30	TRX®	B
6:15-7:15 PM	60	*BODYPUMP™	C

Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:40 AM	30	RPM™	CYCLE
5:10-5:40 AM	30	BODYATTACK™	C
5:45-6:15 AM	30	CORE™	C
8:05-9 AM	55	BODYCOMBAT™	C
9:05-10 AM	55	RESTORATIVE YOGA	YOGA
9:15-9:45 AM	30	RPM™	CYCLE
9:15-10 AM	45	TRX®	B
9:15-10 AM	45	BODYSTEP™	C
10:15-11:10 AM	55	FLOW YOGA	YOGA
11:15-11:45 AM	30	GUIDED MEDITATION	YOGA
12-12:45 PM	45	Les Mills THRIVE™	C
4:30-5:15 PM	45	BODYSTEP™	C
5:30-6:30 PM	60	*BODYPUMP HEAVY™	C
5:30-6:15 PM	45	SB UNHITCHED	B
5:45-6:40 PM	55	FLOW YOGA	YOGA
5:30-6:15 PM	45	RPM™	CYCLE
5:30-6:25 PM	55	ZUMBA®	A

Thursday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
8:15-9 AM	45	BODYSTEP™	C
9:15-10 AM	30	RPM™	CYCLE
9:15-10:10 AM	55	*WARM FLOW YOGA	YOGA
9:15-10:15 AM	60	*BODYPUMP™	C
10:30-11 AM	30	WARM ATHLETIC STRETCH	YOGA
12:15-12:45 PM	30	CORE™	C
4:15-5:15 PM	60	*BODYPUMP HEAVY™	C
4:30-5:15 PM	45	SB UNHITCHED	B
5:30-6:25 PM	55	*WARM POWER YOGA	YOGA

Saturday

TIME	LENGTH	CLASS	STUDIO
7-8 AM	60	*BODYPUMP™	C
8:05-9 AM	55	BODYATTACK™	C
8:30-9 AM	30	CORE™	B
9:15-10:10 AM	55	BODYCOMBAT™	A
9:15-10 AM	45	Strength & Motion Circuit	B
9:15-10 AM	45	BODYSTEP™	C
9:15-10 AM	45	RPM™	CYCLE
10:15-11 AM	45	ATHLETIC STRETCH	YOGA
10:15-11:15 AM	60	*BODYPUMP HEAVY™	C

Friday

TIME	LENGTH	CLASS	STUDIO
8:15-9 AM	45	CORE™	C
8:15-9 AM	45	TRX®	B
8:30-9:15 AM	45	RPM™	CYCLE
9:05-10 AM	55	BODYJAM™	A
9:15-10:10 AM	55	BODYATTACK™	C
9:30-10:25 AM	55	FLOW YOGA	YOGA
10:30-11 AM	30	Les Mills THRIVE™	C

Sunday

TIME	LENGTH	CLASS	STUDIO
2:05-3 PM	55	*HOT FLOW YOGA	YOGA
3:15-4:10 PM	55	*WARM FLOW YOGA	YOGA
4:15-5:10 PM	55	ZUMBA®	A
4:30-5:15 PM	45	GUIDED MEDITATION	YOGA

Reserve spot in our Y member app

*For ages 14 and up

Reservation Required