



DUNIGAN FAMILY YMCA

GROUP EXERCISE



GROUP EXERCISE MAY 25, 2026 - August 2, 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	GENTLE YOGA	YOGA

Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
5:15-6:10 AM	55	*HOT FLOW YOGA	YOGA
8:30-9 AM	30	*SHOCKWAVE	C
9:15-9:45 AM	30	RPM™	CYCLE
9:15-10:15 AM	60	*BODYPUMP HEAVY™	C
10:30-11:15 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
8:15-9 AM	45	SB UNHITCHED	B
9:05-10 AM	55	RESTORATIVE YOGA	YOGA
9:15-9:45 AM	30	RPM™	CYCLE
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	BODYCOMBAT™	A
8:05-9 AM	55	BODYATTACK™	C
8:30-9 AM	30	CORE™	B
9:15-10 AM	45	Les Mills THRIVE™	A
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

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

Athletic Stretch: For all fitness levels; Designed to help athletes (runners, cyclists, weight lifters, etc.) improve their flexibility, joint mobility, balance, and breath awareness. Poses are performed on the ground and standing. Yoga props are used to release tight muscles and assist in deepening the stretches. We encourage you to bring a towel and their own mat.
Gentle Yoga: All fitness levels; Stay low to the floor for most poses. Some standing balance poses and light core work will also be integrated into the class. We encourage members to bring a towel and their own mat.
Guided Meditation: All fitness levels; Immerse yourself in a state of complete relaxation, releasing physical, mental, and emotional tension. Allow the soothing guidance and visualization techniques to calm your nervous system, promoting stress relief and rejuvenation. No late entry to class allowed.
Les Mills Body Attack: Intermediate-Advanced; A high-energy fitness class combining athletic moves like running, lunging and jumping with strength exercises such as push-ups and squats. It's all set to energizing music that can help you burn up to 555 calories. You'll walk away feeling sweaty and with a sense of accomplishment.
Les Mills Body Combat: Intermediate-Advanced; A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release your stress, have a blast, and feel like a champ when you leave.
Les Mills Body Jam: For all fitness levels; IF YOU WANT TO DANCE, THERE'S NOTHING LIKE IT! House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM. While we're pretty sure you'll be too busy dancing your butt off, it's good to know that you'll be getting a killer workout and burning calories while you're at it. JUST getting started? Not a problem! Stay for 20 minutes and work your way up to a full class!
Les Mills Body Pump: Beginner-Advanced; This strength training class is for anyone looking to get lean, toned and fit-fast. Use the barbell and hand weights to work all the major muscle groups to the beat of fun music. Use lighter weights and do more reps, achieving lean muscles. For ages 14 and up. Please arrive 10-15 minutes early for your first class.
Les Mills Body Pump HEAVY: Intermediate-Advanced; Lift heavy and achieve muscle hypertrophy in a group setting to the beat of music. Focus on heavy weights, slow tempo, and long rests. For ages 14 and up. Please arrive 10-15 minutes early for your first class.
Les Mills Body Step: Intermediate-Advanced; A full-body, cardio-focused class that combines basic stepping with strength & agility exercises like squats, lunges, burpees, and push-ups. An invigorating combo of uplifting highs balanced by the grounded feeling from lunges and squats to work your legs.
Les Mills CORE: Intermediate-Advanced; Uses resistance tubes and weights to work upper and lower abs, obliques, the upper and lower back, butt and shoulders. See and feel results in your midsection just after a few classes. Instructors will provide options to decrease intensity. The 45-minute class will offer additional cardio for a full-body workout.
Les Mills RPM: Beginner-Advanced; An indoor cycling class set to the rhythm of motivating music. Burn up to 500 calories a workout and get fit fast. Control your own resistance levels and sprint speed so you can build up your training level over time. Reservation required. Reserve your bike beginning 72 hours prior to class start time in the mobile app.
Les Mills THRIVE: Beginner - Intermediate; A low impact workout designed to build core and lower body strength to help you move freely as you age. Perfect for anyone who is newer to exercise, who is returning from an injury or pregnancy, or who finds the pace of Body Pump too fast. Options offered, including using weight plates and bands for added resistance, using only body weight, or using a chair for support and balance (we never sit in the chair)
Power Burn: For all fitness levels; This bootcamp-style class combines both strength and core exercises with small "bursts" of cardio. We use a variety of equipment to keep your muscles and mind guessing! A total body workout that will make you feel sweaty and successful!
Power Yoga: Intermediate-Advanced; Link movements and poses to breath for exercise without chanting, meditation or connotations. Move quickly through advanced flow sequences designed to increase heart rate and build strength and flexibility. Options will be given to reduce difficulty. We recommend a medical release for expectant mothers or those with medical conditions for Hot Yoga (100+ degrees) and Warm Yoga (80-85 degrees). All classes will offer modifications to increase or decrease intensity. *Hot and Warm Yoga are for Y members, ages 14 & up ONLY. It is important you bring water to this class. We encourage members to bring a towel and their own mat.
Restorative Yoga: All fitness levels; A restful practice that is all about slowing down and opening your body through passive stretching. Poses will be held for an extended duration using a variety of props such as bolsters, blankets, straps and blocks. We encourage members to bring a towel and their own mat.
Shockwave: Intermediate-Advanced; a circuit style class using a Water Rower to provide short-burst, high-intensity, calorie-torching intervals to drive your heart rate. We combine functional strength and sculpting exercise stations to target the legs, arms, and core.
Soul Body Unhitched: Beginner-Advanced; A total body workout using a fusion of Pilates, Barre and core movements to sculpt and strengthen your muscles. Using a weighted bar and Pilates ball, in standing and floor work exercises, you'll challenge balance & core stability and drive heart rate up with cardio surges.
Tai Chi: Beginner-Intermediate/AOA; the practice of bringing the body and mind as one, in balance.
TRX BodyBlast: Beginner-Advanced; Improve overall strength, balance, and cardio conditioning during this total body class. This style of TRX has coordinated tempo with movements performed to the beat of the music. Exercise sets are organized by number of repetitions rather than based on time.
TRX Bootcamp: Beginner-Advanced; This class incorporates TRX moves with a variety of props (Bosu Ball, medicine ball, rowers, sandbells, etc.) to add even more of a cardio blast! Bootcamp is intense, but brings a fun competitive spirit to each workout.
TRX Circuit: Beginner-Advanced; Use high-intensity, powerful TRX moves and cardio drills. This class is guaranteed to keep your heart rate pumping and burn mega calories. Participants perform the exercises together but not in a synchronized manner. Sets are organized by time, generally one minute per exercise or 30 seconds for unilateral movements. Tabata format may also be used.
Yoga Flow: Beginner-Intermediate; Link movements and poses to breath for exercise without chanting, meditation or connotations. Options will be given if you choose not to flow. We recommend a medical release for expectant mothers or those with medical conditions for Hot Yoga (100+ degrees) and Warm Yoga (80-85 degrees). Modifications offered to increase or decrease intensity. *Hot and Warm Yoga are for Y members, ages 14 & up ONLY. It is important you bring water to this class. We encourage members to bring a towel and their own mat.
Zumba: For all fitness levels; Dance along to latin and international music in this cardio interval format class. Burn the calories and bring the heat while dancing to the beat of your drum! Each instructor offers their own unique style.

***We encourage all new exercisers to use the Smart Start for all Les Mills classes.**

****See Active Older Adult and Kids Fitness group exercise schedules for the corresponding class descriptions.**