TOYOTA INDIANA YMCA
GROUP EXERCISE

GROUP EXERCISE SCHEDULE: NOVEMBER 2026

Monday

TIME	LENGTH	CLASS	STUDIO
6:15-6:45 AM	30	CORE™	A
9:00-10:00 AM	60	BODYATTACK™	A
3:00-4:00 PM	30	*GRIT™	A
4:30-5:30 PM	60	*BODYPUMP™	A
4:45-5:45 PM	60	INTERMEDIATE YOGA	B

Tuesday

TIME	LENGTH	CLASS	STUDIO
6:05-6:50 AM	45	BODYCOMBAT™	A
9:00-9:30 AM	30	CORE™	A
10:30-11:15 AM	45	SILVER SNEAKERS CLASSIC	GYM
5:00-5:30 PM	30	**RPM™**	CYCLE
5:30-6:30 PM	60	ZUMBA	B
5:40-6:10 PM	30	*BODYPUMP™	A

Wednesday

TIME	LENGTH	CLASS	STUDIO
6:15-6:45 AM	30	CORE™	A
8:15-9:15 AM	60	*BODYPUMP™	A
9:30-10:00 AM	30	*GRIT™	A
10:30-11:30AM	60	ADV.- BEGINNGER YOGA	B
4:00-4:30 PM	30	CORE™	A

Thursday

TIME	LENGTH	CLASS	STUDIO
6:10-6:55 AM	45	BODYCOMBAT™	A
9:00-10:00 AM	60	BODYPUMP™	A
10:30-11:15 AM	45	SILVER SNEAKERS CLASSIC	GYM
5:00-5:30 PM	45	**RPM™**	CYCLE
5:30-6:30 PM	60	ZUMBA	A

Friday

TIME	LENGTH	CLASS	STUDIO
6:15-7:00 AM	45	BODYBALANCE™	B
9:00-10:00 AM	60	BODYPUMP™	A
10:30- 11:15 AM	45	CHAIR YOGA	B
5:00-5:45 PM	45	DANCE™	A

Saturday

TIME	LENGTH	CLASS	STUDIO
8:00-8:45 AM	45	DANCE™	A
9:15-10:15 AM	60	*BODYPUMP™	A
10:30-11:30 AM	60	ZUMBA	A

Sunday

TIME	LENGTH	CLASS	STUDIO
2:00-3:00 PM	60	BODYBALANCE™	B

*For Ages 14 & up

Reservation Required in Member App

Virtual Classes

Active Older Adults

Group Exercise Class Descriptions

MAKE A SMART START . It sounds simple and it is. Your key to long-term fitness is to start slow, build steadily and enjoy yourself.

On Demand - Virtual

Beginner-Intermediate: This feature will allow members to cue up any Virtual Les Mills Class in between and not in conflict with pre-scheduled in-person & virtual classes. Please ask the YMCA & Wellness Department staff for further information.

Les Mills Body Pump™:

Beginner-Advanced: This class is for anyone looking to get lean, toned and fit-fast. This strength training class uses the barbell and classic weights like dumbbells to work all the major muscle groups while listening to fun music.. You will use lighter weights and do more reps, achieving lean muscles instead of bulky muscles, By the end of class you will feel challenged, yet accomplished. Full class length is 60-minutes or a 45-minute express option is available for those short on time but not short on energy! For ages 14 and up. Please arrive 10-15 minutes early for your first class. We encourage new exercisers to utilize the Smart Start.

Les Mills RPM™:

Beginner-Advanced: This is an indoor cycling class, set to the rhythm of motivating music. Burn up to 500 calories a workout and get fit fast. You control your own resistance levels and sprint speed so you can build up your training level over time. 30, 45 and 60-minute options are available. A reservation is required. Reserve your bike beginning 72 hours prior to class start time in the mobile app. We encourage new exercisers to utilize the Smart Start.

Virtual Les Mills Body Attack™:

Intermediate-Advanced: Body Attack is a high-energy fitness class combining athletic moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats 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. Available in 30, 45, and 55-minute workouts. We encourage new exercisers to utilize the Smart Start.

Virtual Les Mills CORE™:

Intermediate-Advanced: This 30 or 45-minute workout uses resistance tubes and weights to work every part of your core – upper and lower abs, obliques, the upper and lower back as well as your butt and shoulders. This is a great complimentary class to any cardio program. Participants typically see and feel results in their midsection just after a few classes. It's a challenging class, but instructors will provide options to decrease intensity. The 45-minute class will offer additional cardio for a full-body workout. We encourage new exercisers to utilize the Smart Start.

SilverSneakers Classic:

Beginner AOA: this low impact class is performed with music from both a seated and standing position (staying seated is an option) and alternates between low impact moves, balance, and strength work using resistance tubes, exercise ball and light dumbbells. Exercises are performed that mimic everyday movements and will help increase mobility and strength in the major joints and muscles.

Les Mills Body Combat™:

Intermediate-Advanced: Body Combat is 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. No experience needed. 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. Available in 45 and 55-minute workouts. We encourage new exercisers to utilize the Smart Start.

Les Mills GRIT™:

Intermediate-Advanced/High-Intensity: This is a 30-minute high-intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness, and build lean muscle. You will use a variety of equipment such as a barbell, weight plate, bench, risers, and your own body weight to blast all major muscle groups. Cutting edge HIIT movements combined with powerful music and inspirational coaches will motivate you to go harder to get fit, fast! We encourage new exercisers to utilize the Smart Start.

Les Mills BODYBALANCE™:

A new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

Les Mills DANCE™:

A 45-minute high-energy workout that will challenge and move your members. Each class includes 10 stand-alone tracks, each introducing new choreography. The workout is anchored in 3 cardio peaks, a warmup and cool down. It incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

Intermediate Yoga:

Beginner-Intermediate: Beginner Yoga will link movements and poses to breathe for exercise without chanting, meditation or connotations. The class will include simple poses, light core work and standing balance work. All classes will offer modifications to increase or decrease intensity.

Chair Yoga:

A modified form of yoga. This class is chair based and alternates between low impact moves, balance, and strength. Highly recommended for active older adults.

Advanced - Beginner Yoga:

Medium-paced, strength-building, and highly technical practice designed for experienced students who are somewhat comfortable with foundational poses, inversions, and alignment principles

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.