



Memorial Day Group Exercise Schedule

Memorial Day, Monday, May 25, 2026

Facilities open 5 am to 2 pm

Kids' Zone and Child Watch open 8 am to 1 pm

ASV YMCA Schedule

8:15 am How Slow Flow Yoga (60), Cassie Q, Hot Yoga Studio

8:30 am Les Mills THRIVE (30), Mary Studio B

8:30 am RPM (45), Maddi A, Cycling

9:30 am Hot Power Yoga (60), Mary, Hot Studio

9:30 am Body Pump (60), Becca, Studio B

11 am Slow Flow Yoga (45), Mary, Studio B

DUNIGAN YMCA Schedule

8:10am Zumba (55) , Brittany M

9:00am Gentle Yoga (55), Tammy

9:05 am Body Combat (55), Alex D

9:15am RPM (45), Paula

10:15am Core (30), Amanda W

**All regularly scheduled classes are cancelled on Memorial Day.
Only the classes listed will be offered on Memorial Day.**