



Labor Day Group Exercise Schedule

Labor Day, Monday, September 7, 2026

Both branches will be open 5 am to 2 pm.

Ascension St. Vincent YMCA

Child Watch and Kids' Zone open 8 am to noon.

8:15 am Hot Slow Flow Yoga (60) Angee, Hot Yoga Studio

8:30 am RPM (45) Maddi, Cycle Studio

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

9:30 am Hot Power Yoga (75) Angee, Hot Yoga Studio

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

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

Dunigan Family YMCA

Child Watch and Kids' Zone open 8 am to noon.

8:30 am Soul Body (45) Heather, Studio B

8:30 am Restorative Yoga (55) Jean, Yoga Studio

9:15 am Power Burn (45) Christa, Studio C

9:15 am Zumba (55) Brittany, Studio A

9:15 am RPM (45) Paula, Cycle Studio

10 am Yoga Flow (55) Damon, Yoga Studio