



Hal Welsh East Area Family YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ 5:45AM - 6:30AM Group Ex	LES MILLS TONE™ 5:45AM - 6:30AM Group Ex	BODYPUMP™ 5:45AM - 6:30AM Group Ex	H.I.I.T. 5:45AM - 6:30AM Group Ex	BODYPUMP™ 5:45AM - 6:30AM Group Ex	VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM Group Ex	Yoga 8:30AM - 9:30AM Group Ex
Cycle 5:45AM - 6:30AM Cycle	Cycle 5:45AM - 6:30AM Cycle	Cycle 5:45AM - 6:30AM Cycle	Cycle 5:45AM - 6:30AM Cycle	VIRTUAL RPM 50 Mins 5:45AM - 6:35AM Cycle	LES MILLS TONE™ 7:30AM - 8:20AM Group Ex	Cycle 9:00AM - 9:45AM Cycle
VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM Group Ex	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM Group Ex	VIRTUAL DANCE 30 Mins 6:45AM - 7:15AM Group Ex	VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM Group Ex	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM Group Ex	Cycle 7:30AM - 8:30AM Cycle	BODYCOMBAT™ 9:30AM - 10:30AM Group Ex
VIRTUAL RPM 50 Mins 7:00AM - 7:50AM Cycle	VIRTUAL THE TRIP 45 Mins 7:00AM - 7:45AM Cycle	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM Cycle	VIRTUAL THE TRIP 45 Mins 7:00AM - 7:45AM Cycle	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM Cycle	Barre 8:30AM - 9:30AM Group Ex	BODYPUMP™ 10:30AM - 11:30AM Group Ex
Pound 7:30AM - 8:25AM Group Ex	REFIT 7:30AM - 8:30AM Group Ex	Forever Fit 7:30AM - 8:30AM Group Ex	Chair Yoga 7:30AM - 8:30AM Group Ex	REFIT 7:30AM - 8:30AM Group Ex	Cycle 9:00AM - 9:45AM Cycle	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM Cycle
Forever Fit 8:30AM - 9:25AM Group Ex	Pilates 8:30AM - 9:25AM Group Ex	Pound 8:30AM - 9:30AM Group Ex	Barre 8:30AM - 9:30AM Group Ex	Forever Fit Plus 8:30AM - 9:30AM Group Ex	H.I.I.T. 9:30AM - 10:30AM Group Ex	
Cycle 8:30AM - 9:15AM Cycle	Cycle 9:00AM - 9:45AM Cycle	Cycle 9:00AM - 9:45AM Cycle	Cycle 9:00AM - 9:45AM Cycle	Cycle 9:00AM - 10:00AM Cycle	NIA 10:30AM - 11:30AM Group Ex	
BODYCOMBAT™ 9:30AM - 10:25AM Group Ex	STEP & Strength 9:30AM - 10:25AM Group Ex	H.I.I.T. 9:30AM - 10:30AM Group Ex	BODYCOMBAT™ 9:30AM - 10:30AM Group Ex	BODYPUMP™ 9:30AM - 10:30AM Group Ex	VIRTUAL RPM 50 Mins 11:00AM - 11:50AM Cycle	
Cycle 9:30AM - 10:30AM Cycle	NIA 10:30AM - 11:30AM Group Ex	Dance Fit 10:30AM - 11:30AM Group Ex	Yoga 10:30AM - 11:30AM Group Ex	Pilates 10:30AM - 11:30AM Group Ex	Zumba 11:30AM - 12:30PM Gym	
BODYPUMP™ 10:30AM - 11:25AM Group Ex	Barre 11:30AM - 12:25PM Group Ex	WERQ 10:30AM - 11:30AM Gym	NIA 11:30AM - 12:30PM Group Ex	Boot Camp 10:30AM - 11:30AM Gym	VIRTUAL DANCE 45 Mins 5:30PM - 6:15PM Group Ex	

VIRTUAL CLASS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WERQ 11:30AM - 12:25PM Group Ex	THE TRIP Live 45 Mins 12:00PM - 12:45PM Cycle	Chair Yoga 11:30AM - 12:30PM Group Ex	THE TRIP Live 45 Mins 12:00PM - 12:45PM Cycle	Tai Chi for Arthritis 11:30AM - 12:30PM Group Ex	VIRTUAL BODYBALANCE Flexibility 6:20PM - 6:50PM Group Ex	
VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle	Forever Fit Plus 1:00PM - 1:55PM Group Ex	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle	Forever Fit 1:00PM - 2:00PM Group Ex	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle		
Forever Fit Plus 12:30PM - 1:25PM Group Ex	VIRTUAL BODYCOMBAT 45 Mins 3:30PM - 4:15PM Group Ex	Tai Chi for Arthritis 1:30PM - 2:30PM Group Ex	VIRTUAL BODYCOMBAT 45 Mins 3:30PM - 4:15PM Group Ex	Chair Yoga 12:30PM - 1:30PM Group Ex		
VIRTUAL BODYBALANCE 45 Mins 3:30PM - 4:15PM Group Ex	POWER Yogalates 4:30PM - 5:25PM Group Ex	VIRTUAL BODYBALANCE 45 Mins 3:30PM - 4:15PM Group Ex	Barre 4:30PM - 5:30PM Group Ex	VIRTUAL CORE 30 Mins 3:45PM - 4:15PM Group Ex		
Zumba 4:30PM - 5:25PM Group Ex	Cycle 4:30PM - 5:15PM Cycle	Zumba 4:30PM - 5:30PM Group Ex	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM Cycle	STEP 4:30PM - 5:15PM Group Ex		
VIRTUAL RPM 50 Mins 4:30PM - 5:20PM Cycle	Strength & Cardio 5:30PM - 6:30PM Group Ex	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM Cycle	LES MILLS TONE™ 5:30PM - 6:30PM Group Ex	Zumba 5:30PM - 6:30PM Group Ex		
BODYPUMP™ 5:30PM - 6:25PM Group Ex	Cycle 5:45PM - 6:30PM Cycle	BODYCOMBAT™ 5:30PM - 6:30PM Group Ex	Cycle 5:30PM - 6:15PM Cycle	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM Cycle		
Cycle 5:30PM - 6:30PM Cycle	Yoga 6:30PM - 7:25PM Group Ex	Cycle 5:30PM - 6:15PM Cycle	Yoga 6:30PM - 7:30PM Group Ex			
BODYCOMBAT™ 6:30PM - 7:25PM Group Ex	VIRTUAL RPM 50 Mins 7:00PM - 7:50PM Cycle	BODYPUMP™ 6:30PM - 7:30PM Group Ex	VIRTUAL RPM 50 Mins 7:00PM - 7:50PM Cycle			
	WERQ 7:30PM - 8:30PM Group Ex		WERQ 7:30PM - 8:30PM Group Ex			

Barre

A whole body workout that combines elements of ballet, yoga, Pilates and strength training. Movements are done in time to the music and focus on alignment, balance coordination, strength and flexibility. Options available for all fitness levels.

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Chair Yoga

A gentle form of yoga that uses the support of a chair to stretch and strengthen your entire body. Connect your mind, body and breath while focusing on balance and coordination. Options available for all fitness levels.

Cycle

A high-energy indoor cycle class that increases muscular and cardiovascular endurance. Classes can include various drills, cardio challenges, climbs and sprints. Options available for all fitness levels.

Forever Fit

A low-impact class focusing on joint stability, range of motion, posture and balance. Perform exercises and movements to improve mobility and functional fitness needed to complete everyday tasks. Options available for all fitness levels.

Forever Fit Plus

A low-impact, mixed intensity, full-body workout designed to improve strength by combining aerobic, flexibility and endurance exercises. Movement and exercises may include equipment. Options available for all fitness levels.

LES MILLS tone

LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.



An exhilarating full body workout that combines cardio and

light strength training. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly fun way of working out.

Strength & Cardio

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. *Option available for all fitness levels.

LES MILLS THE TRIP

Be guided through digitally-created worlds in a totally unique workout experience that combines an instructor led cycling workout with a Virtual journey proven to get you fitter faster with less discomfort.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYBALANCE

Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

LES MILLS BODYBALANCE | FLEXIBILITY

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.



Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Yoga

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. *Options available for all fitness levels.



This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. *Options available for all fitness levels.

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