



Northwest Family YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ 6:00AM - 6:45AM Group Exercise Studio	Strength & Cardio 6:00AM - 6:45AM Group Exercise Studio	Cycle 6:00AM - 6:45AM Cycle Studio	Total Body Strength 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 6:00AM - 6:45AM Cycle Studio	VIRTUAL BODYBALANCE 60 Mins 6:30AM - 7:30AM Group Exercise Studio	VIRTUAL BODYPUMP 45 Mins 8:30AM - 9:15AM Group Exercise Studio
VIRTUAL THE TRIP 45 Mins 6:00AM - 6:45AM Cycle Studio	VIRTUAL BODYBALANCE 45 Mins 7:00AM - 7:45AM Group Exercise Studio	VIRTUAL BODYPUMP 45 Mins 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 7:00AM - 7:45AM Group Exercise Studio	Strength & Cardio 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL CORE 30 Mins 7:40AM - 8:10AM Group Exercise Studio	Cycle 9:00AM - 9:55AM Cycle Studio
VIRTUAL GRIT Strength 30 Mins 7:00AM - 7:30AM Group Exercise Studio	VIRTUAL RPM 50 Mins 8:00AM - 8:50AM Cycle Studio	VIRTUAL CORE 30 Mins 7:00AM - 7:30AM Group Exercise Studio	VIRTUAL RPM 50 Mins 8:00AM - 8:50AM Cycle Studio	VIRTUAL CORE 30 Mins 7:00AM - 7:30AM Group Exercise Studio	Cycle 8:00AM - 8:55AM Cycle Studio	Yoga 10:30AM - 11:25AM Mind/Body
Forever Fit Plus 8:00AM - 8:55AM Group Exercise Studio	Zumba Toning 8:15AM - 9:10AM Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:30AM - 8:00AM Cycle Studio	Chair Yoga 8:30AM - 9:25AM Mind/Body	BODYPUMP™ 8:15AM - 9:10AM Group Exercise Studio	BODYCOMBAT™ 8:15AM - 9:15AM Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 11:00AM - 11:45AM Group Exercise Studio
VIRTUAL SPRINT 30 Mins 8:00AM - 8:30AM Cycle Studio	Chair Yoga 8:30AM - 9:25AM Mind/Body	Strength & Cardio 8:15AM - 9:10AM Group Exercise Studio	BODYCOMBAT™ 9:30AM - 10:25AM Group Exercise Studio	Flex & Balance 9:00AM - 9:55AM Mind/Body	Power Yoga 9:00AM - 9:55AM Mind/Body	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle Studio
High Intensity Intervals 9:30AM - 10:25AM Group Exercise Studio	BODYCOMBAT™ 9:30AM - 10:25AM Group Exercise Studio	BODYPUMP™ 9:30AM - 10:25AM Group Exercise Studio	Chair Yoga 9:30AM - 10:25AM Mind/Body	Cycle 9:15AM - 10:10AM Cycle Studio	RPM™ 9:30AM - 10:25AM Cycle Studio	VIRTUAL CORE 45 Mins 2:00PM - 2:45PM Group Exercise Studio
Yoga 9:30AM - 10:25AM Mind/Body	Chair Yoga 9:30AM - 10:25AM Mind/Body	Gentle Yoga 10:30AM - 11:25AM Mind/Body	Forever Fit 10:45AM - 11:40AM Group Exercise Studio	Barre 9:30AM - 10:25AM Group Exercise Studio	Barre 9:30AM - 10:25AM Group Exercise Studio	
Gentle Yoga 10:30AM - 11:25AM Mind/Body	Total Body Strength 10:30AM - 11:25AM Group Exercise Studio	Zumba 10:30AM - 11:30AM Group Exercise Studio	Yoga 10:45AM - 11:40AM Mind/Body	High Intensity Intervals 10:30AM - 11:25AM Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 1:00PM - 1:45PM Group Exercise Studio	
Forever Fit 10:45AM - 11:40AM Group Exercise Studio	Gentle Yoga 10:45AM - 11:40AM Mind/Body	VIRTUAL BODYATTACK 45 Mins 12:00PM - 12:45PM Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 1:00PM - 1:45PM Group Exercise Studio	Yoga 10:45AM - 11:40AM Mind/Body	VIRTUAL THE TRIP 45 Mins 2:00PM - 2:45PM Cycle Studio	

VIRTUAL CLASS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYATTACK 45 Mins 1:00PM - 1:45PM Group Exercise Studio	VIRTUAL SPRINT 30 Mins 12:30PM - 1:00PM Cycle Studio	Chair Yoga 4:30PM - 5:25PM Mind/Body	Cardio Kickboxing 4:30PM - 5:25PM Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 12:00PM - 12:45PM Group Exercise Studio	VIRTUAL DANCE 45 Mins 4:00PM - 4:45PM Group Exercise Studio	
SOULfusion 4:30PM - 5:25PM Group Exercise Studio	VIRTUAL DANCE 45 Mins 2:00PM - 2:45PM Group Exercise Studio	Zumba 5:30PM - 6:25PM Group Exercise Studio	Strength & Cardio 5:30PM - 6:25PM Group Exercise Studio	VIRTUAL DANCE 45 Mins 2:00PM - 2:45PM Group Exercise Studio		
Zumba 5:30PM - 6:10PM Group Exercise Studio	High Intensity Intervals 4:30PM - 5:25PM Group Exercise Studio	Cycle 5:30PM - 6:25PM Cycle Studio	Yoga 6:00PM - 6:55PM Mind/Body	VIRTUAL BODYBALANCE Strength 7:45PM - 8:15PM Group Exercise Studio		
Cycle & Strength 5:30PM - 6:30PM Cycle Studio	BODYCOMBAT™ 5:30PM - 6:25PM Group Exercise Studio	Power Yoga 6:00PM - 6:55PM Mind/Body	Barre 6:30PM - 7:30PM Group Exercise Studio			
Power Yoga 6:00PM - 6:55PM Mind/Body	Barre 6:30PM - 7:25PM Group Exercise Studio	Total Body Strength 6:30PM - 7:25PM Group Exercise Studio	VIRTUAL CORE 30 Mins 7:45PM - 8:15PM Group Exercise Studio			
Total Body Strength 6:15PM - 7:10PM Group Exercise Studio	VIRTUAL CORE 30 Mins 7:45PM - 8:15PM Group Exercise Studio	VIRTUAL BODYBALANCE Strength 7:45PM - 8:15PM Group Exercise Studio				
VIRTUAL BODYBALANCE Strength 7:45PM - 8:15PM Group Exercise Studio						

VIRTUAL CLASS

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.

Cardio Kickboxing

A high-intensity cardiovascular workout that is completely non-contact. This class combines martial arts, boxing and aerobics to improve stamina and coordination. Options available for all fitness levels.

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.

Cycle & Strength

An indoor cycling class that gives you a workout on and off the bike! Strengthen your upper and lower body while increasing your cardiovascular endurance. Options available for all fitness levels.

Flex & Balance

This class focuses on increasing your range of motion and improving your balance. Release muscular tension with stretching exercises and increasing your awareness of a healthy posture with balancing challenges. 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.

Gentle Yoga

A more conservative and slower-paced practice that focuses on gently stretching the muscles. Postures are held for longer durations and connected with the breath to help release tension, increase range of motion and focus on alignment. Postures are presented with options to slow down and find ease in your body.

High Intensity Intervals

A class that utilizes HIIT and Tabata intervals while alternating between cardio and strength exercises. This class will keep your heart rate up and increase your endurance. Equipment such as dumbbells, resistance bands and steps may be used. Options available for all fitness levels.

Power Yoga

A faster paced practice that focuses on building strength & endurance while keeping the mind still. Classes include vigorous sequences that coordinate the breath & movement combined with more advanced postures to strengthen the body & challenge the mind. *Options available for all fitness levels

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



SOULfusion is a creative blend of yoga inspired flows, short cardio bursts, balance sequences, body weight & weighted strength training all set to the beat of the music. *Options available for all fitness levels

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.

Total Body Strength

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. *Options available for all fitness levels.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

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

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

LES MILLS BODYBALANCE | STRENGTH

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

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

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

LES MILLS CORE

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



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.



High-intensity interval training designed to improve strength and build lean muscle.



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



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



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.



This high-energy class combines the fun of Zumba with strength training. Add resistance to your dance moves with hand weights to focus on & strengthen specific muscle groups. Led by a certified Zumba instructor. *Options available for all fitness levels

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