GROUP EXERCISE
FEBRUARY 2026

the YMCA

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30am HIGHLow Fitness with Elizabeth	**8am** HIIT & Fit with Olga	**8:30am** Strength/Cardio with Jasmine	**8am** HIIT & Fit with Olga	**8:15am** Express Cycle with Guy	**8am** Cycle with Guy	NO GROUP EXERCISE CLASSES
9am SilverSneakers Circuit with Lori [Gym]	**9am–9:30am** Strong Start Orientation Fitness Equipment 101	**9:30am** Sprint 8 with Jasmine	**9am** SilverSneakers Classic with Monika [Gym]	**9:00am–9:30am** HIIT CORE with Jasmine [Gym]	**9:30am** Strength Training with Vicki	
9:30am Sprint 8 with Amy	**9:30am** Strength Training with Christa	**10am** Spin with Amy		**9:30am** Sprint 8 with Jasmine	**10:45am** Zumba with Siu	
10am Spin with Amy		**10am** Silver Soul with Jasmine [Gym]	**9:30am** Strength Training with Christa	**10am** Gentle Yoga with Julie Kim		
10am SilverSneakers Classic with Monika [Gym]	**10am** SilverSneakers Classic with Lori [Gym]	**11am** Balance & Motion with Julie Kim	**10am** Zumba Gold with Siu [Gym]	**11am** Chair Yoga with Julie Kim		
11am Yoga with Laura	**11am** HIGHLow Fitness with Elizabeth	**12pm** Y Firm with Melissa		**12pm** Y Firm with Melissa		
12pm Y Firm with Melissa	**12pm** Chair Yoga with Lori	**1:00pm** Senior Sampler with Lori	**11am** HIGHLow Fitness with Elizabeth	**1:00pm** Senior Sampler with Lori		
1:00pm Senior Sampler with Lori		**5:15pm–6pm** Start Strong Orientation Fitness Equipment 101				
5:30pm Cardio Mix with Kristie	**6pm** HIIT & Conditioning with Vicki	**5:30pm** Strength Training with Vicki	**6pm** HIIT & Conditioning with Vicki			
6:30pm Core & Strength with Darryl [Steelworks]	**7pm** Yoga with Kristie	**6:30pm** Core & Endurance with Darryl [Steelworks]	**7pm** Yoga with Kristie			
7pm Flow Yoga with Monika						

VIEW CLASS DESCRIPTIONS

Pool GroupEx

Mondays –	Water Aerobics @ 6pm	with Monika [Main Pool]
Tues/Thurs –	Water Aerobics @ 8am & 9am	with Bobbi [Main Pool]
Wednesdays –	Aqua Tone @ 11am	with Monika [Therapy Pool]
	*Aqua Zumba @ 6pm	with Janessa [Therapy Pool]
	Water Aerobics @ 6pm	with Mindy [Therapy Pool]
Fridays –	Water Aerobics @ 8am	with Monika [Main Pool]

*Aqua Zumba will only be held the first Wednesday of the month.

Please note: Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted. Prepare for class and view descriptions at puebloymca.org/health