

GROUP EXERCISE

JANUARY 2026



MON

TUES

WED

THUR

FRI

SAT

SUN

8:30am
HIGHLow Fitness
with Elizabeth

9am
SilverSneakers
Circuit
with Lori [Gym]

9:30am
Sprint 8
with Amy

10am
Spin
with Amy

10am
SilverSneakers
Classic
with Dana [Gym]

11am
Yoga
with Laura

12pm
Y Firm
with Melissa

1:00pm
Senior Sampler
with Lori

5:30pm
Cardio Mix
with Kristie

6:30pm
Core & Strength
with Darryl [Steelworks]

7pm
PowerFlow Yoga
with Monika

8am
HIIT & Fit
with Olga

9am-9:30am
Strong Start
Orientation
Fitness Equipment 101

9:30am
Strength
Training
with Christa

10am
SilverSneakers
Classic
with Lori [Gym]

11am
HIGHLow Fitness
with Elizabeth

12pm
Chair Yoga
with Lori

6pm
HIIT &
Conditioning
with Vicki

7pm
Yoga
with Kristie

8:30am
Strength/Cardio
with Jasmine

9:30am
Sprint 8
with Jasmine

10am
Spin
with Amy

10am
Silver Soul
with Jasmine [Gym]

11am
Balance &
Motion
with Julie Kim

12pm
Y Firm
with Melissa

1:00pm
Senior Sampler
with Lori

5:15pm-6pm
Start Strong
Orientation
Fitness Equipment 101

5:30pm
Strength Training
with Vicki

6:30pm
Core & Endurance
with Darryl [Steelworks]

8am
HIIT & Fit
with Olga

9am
SilverSneakers
Classic
with Monika [Gym]

9:30am
Strength
Training
with Christa

10am
Zumba Gold
with Kim [Gym]

11am
HIGHLow Fitness
with Elizabeth

6pm
HIIT &
Conditioning
with Vicki

7pm
Yoga
with Kristie

8:15am
Express Cycle
with Guy

9:00am-9:30am
HIIT CORE
with Jasmine [Gym]

9:30am
Sprint 8
with Jasmine

10am
Gentle Yoga
with Julie Kim

11am
Chair Yoga
with Julie Kim

12pm
Y Firm
with Melissa

1:00pm
Senior Sampler
with Lori

8am
Cycle
with Guy

9:30am
Strength
Training
with Vicki

10:45am
Zumba
with Angela

NO GROUP
EXERCISE CLASSES

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 puebloyymca.org/health