

GROUP EXERCISE Class Schedule

Janesville YMCA



● AM CLASSES ● PM CLASSES **New classes in BOLD**

Mondays

5:15AM Cycling
6:15AM On the Ball
7:10AM Foam Rolling
8:30AM Bootcamp
9:30AM TrXtreme
9:45AM SilverSneakers®
4:15PM CIRCL Mobility
5:30PM Zumba
6:30PM Group Power®

Thursdays

5:15AM Group Power® Express
5:15AM Bootcamp
6:20AM Morning Wake Up Yoga
8:30AM Strength & Stretch
9:00AM Tougher Mother
9:45AM Chair Yoga
10:00AM TRX
11:00AM Yoga
4:45PM Kids Yoga
5:30PM Yin Yang Yoga
6:30PM Group Power®

Saturdays

7:00AM Cycling
8:00AM Group Power®
9:15AM CIRCL Mobility
10:00AM Zumba

Sundays

11:00AM Sunday Yoga Series
7:00PM Yoga R&R (Zoom)

Tuesdays

5:15AM Group Power®
5:15AM Bootcamp
6:20AM Morning Wake Up Yoga
8:30AM Strength & Stretch
9:00AM Tougher Mother
9:45AM Chair Yoga
10:00AM Cycling
11:00AM Yoga
4:30PM Abs
5:00PM Beginner Cycling

Fridays

5:15AM Cycling
6:15AM On the Ball
7:10AM Foam Rolling
8:30AM Friday Fever
9:30AM Tough Turf
9:30AM TrXtreme
9:45AM SilverSneakers®
10:45AM Core

CHILD WATCH HOURS

M-F: 9AM-1PM & 4PM-8PM

SAT: 7:45AM-11AM

WATER EXERCISE CLASSES

Mondays

9:05AM Aqua Zumba
5:05PM Aqua Zumba

Tuesdays

9:05AM Splash!
6:15PM Aqua Tone
7:05PM Aqua Balance

Wednesdays

9:05AM Splash!
5:05PM Aqua Zumba

Thursdays

6:15PM Aqua Tone
7:05PM Aqua Balance

Fridays

9:05AM Splash!
5:05PM Aqua Zumba

Wednesdays

5:15AM Cycling
6:15AM On the Ball
7:10AM Foam Rolling
8:00AM Let's Ride!
9:30AM Tough Turf
9:45AM Flow Yoga
11:00AM ZUMBA Toning
6:00PM Burpee Bootcamp
6:15PM Zumba

NOT SURE WHERE TO START?

**For a full list of class descriptions,
please visit ymcanrc.org or
use the QR Code on the right.**



ymcanrc.org

