



Winona Family YMCA

Group Exercise Schedule



Land Fitness

Aqua Fitness

Class space is limited, please sign up at the Service Counter.

Monday					Monday				
TIME	CLASS	INSTRUCTOR	LOCATION		TIME	CLASS	INSTRUCTOR	LOCATION	
5:00 am	★ Body Pump	Kyla	Studio	60min	8:15 am	H2O Fit	Rachel	Small pool	45min
6:00 am	Interval Training	Kathy	Studio	60min	9:00 am	H2O Fit	Michelle	Big pool	45min
8:00 am	Pilates	Judy	Studio	45min	9:15 am	H2O Fit	Judy	Small pool	45min
9:00 am	Body Sculpt Boot Camp	Angela	Studio	60min	2:00 pm	H2O Fit	Christine	Small pool	45min
9:00 am	★ Cycling	Sondra	Community	45min					
10:10 am	SilverSneakers Cardio Fit	Pat	Studio	50min					
11:05 am	Yoga Flow	Elle	Studio	50min					
12:05 pm	Dance Party	Lisa	Studio	60min					
4:15 pm	★ Body Pump	Patrick	Studio	60min					
5:30 pm	★ Cycling	Deb	Community	45min					
5:30 pm	Pilates/Core Conditioning	Lynn	Studio	45min					
6:35 pm	Yoga Flow	Amanda	Studio	60min					
Tuesday					Tuesday				
6:00 am	Ab Solution	Deb	Studio	45min	8:05 am	Aqua Jog	Michelle	Small pool	55min
8:00 am	★ Body Pump	Trish	Studio	60min	2:00 pm	H2O Fit	Christine	Small pool	55min
9:05 am	NIA	Jacque	Studio	55min	5:10 pm	Aqua Jog	Alanna	Small pool	45min
10:05 am	Yoga Stretch	Elle	Studio	55min					
12:00 pm	Total Strength	Kathy	Studio	60min					
1:10 pm	SilverSneakers MSR	Lisa	Studio	50min					
4:30 pm	Yoga Flow	Lisa	Studio	55min					
5:30 pm	Turbo Kick	Trish	Studio	60min					
Wednesday					Wednesday				
6:00 am	★ Cycling	Deb	Community	45min	6:00 am	Aqua Jog	Maggie	Small pool	45min
6:00 am	Yoga	Tish	Studio	60min	8:15 am	H2O Fit	Sue	Small pool	45min
8:00 am	Body Sculpt	Angela	Studio	45min	9:00 am	H2O Fit	Jana	Big pool	45min
9:00 am	Dance Party	Lisa	Studio	60min	9:15 am	H2O Fit	Hannah	Small pool	45min
10:10 am	SilverSneakers Cardio Fit	Nancy	Studio	50min	5:10 pm	Aqua Jog	Krissy	Small pool	45min
12:00 pm	20,20,20	Kathy	Studio	60min					
12:00 pm	★ Cycling + Core	Patrick	Community	60min					
4:15 pm	30/30 (Turbo Kick & Step)	Trish	Studio	60min					
5:30 pm	Dance Party	Missy	Studio	60min					
5:30 pm	★ Cycling	Tish	Community	45min					
6:35 pm	★ Body Pump	Lisa	Studio	55min					
Thursday					Thursday				
5:45 am	Boot Camp	Deb	Studio	75min	8:05 am	Aqua Jog	Michelle	Small pool	55min
8:00 am	Turbo Kick	Trish/Jackie	Studio	60min	2:00 pm	H2O Fit	Amy	Small pool	55min
9:00 am	★ Body Pump	Patrick	Studio	60min	5:10 pm	H2O Fit	Brandy	Small pool	45min
10:10 am	Yoga Stretch	Pat	Studio	55min					
12:00 pm	Aerobic Conditioning	Lisa	Studio	60min					
4:30 pm	Yoga Flow	Alanna	Studio	55min					
5:30 pm	★ Body Pump Express & conditioning. 30min/30min.	Patrick/Kyla	Studio	60min					
6:35 pm	NIA	Mary Lee	Studio	60min					
Friday					Friday				
5:00 am	★ Body Pup	Julie	Studio	60min	8:15 am	H2O Fit	Lori	Small pool	45min
6:00 am	★ Cycling	Deb	Community	45min	9:00 am	H2O Fit	Gretchen	Big pool	45min
6:00 am	Interval Training	Kathy	Big Gym	60min	9:15 am	H2O Fit	Judy	Small pool	45min
8:00 am	Mat Pilates	Angela	Studio	45min					
9:00 am	Zumba	Lisa / Jaque	Studio	60min					
10:05 am	SilverSneakers MSR	Pat	Studio	50min					
12:00 pm	★ Body Pump	Lisa	Studio	60min					
4:15 pm	20, 20, 20	Lisa	Studio	60min					
Saturday					Classes may be cancelled due inclement weather and / or instructor illness.				
7:20 am	★ Body Pump	Trish	Studio	60min					
8:30 am	Cardio Mix	Various	Studio	60min					
9:45 am	Pilates	Diane	Studio	45min					
Sunday									
2:30 pm	Cardio Mix	Various	Studio	60min					
4:00 pm	Yoga	Various	Studio	90min					