



Group Fitness Schedule

Winona Family YMCA

Effective January 17, 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:45 Pilates w/Sonja Fitness Studio	5:30 – 6:30 BODYPUMP w/Carol GYM	5:30 – 6:15 PiYo w/Carol Fitness Studio	5:30 – 6:30 BODYPUMP w/Rose GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	7:00 – 8:00 BODYPUMP w/Rose GYM	10:30 – 11:00 Cycle Express w/Connie Cycle Studio
9:00 – 9:45 Barre w/Donielle Fitness Studio	8:00 – 9:00 BODYPUMP w/Renee GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	8:00 – 9:00 BODYPUMP w/Angela GYM	6:00 – 6:50 Barre w/Sarah Fitness Studio	9:00 – 9:50 HIIT w/ Sarah Fitness Studio	11:00 – 11:50 Stretch & Flex w/Nicole Fitness Studio
10:00 – 10:45 Active Older Adult Fitness w/Andrea Clara Barton Room	9:00 – 9:50 Cardio Kick w/Donielle Fitness Studio	8:00 – 8:45 Body Sculpt w/Angela GYM	9:00 – 9:45 Barre w/Angela Fitness Studio	8:00 – 8:45 Pilates w/Angela Fitness Studio	9:00 – 9:45 Cycle Express w/Kenzie Cycle Studio	12:00 – 1:00 BODYPUMP w/Carol GYM
10:00 – 10:50 Gentle Yoga w/Tammy Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	9:00 – 9:50 HIIT w/Melissa Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	9:00 – 9:50 Zumba w/Jacque Fitness Studio	10:00 – 10:50 Zumba w/Tesla Clara Barton Room	1:00 – 1:45 Yoga Express w/Renee Fitness Studio
12:00 – 12:50 Zumba w/Jackie Fitness Studio	10:00 – 11:00 Yoga w/Kassie Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Brooke Clara Barton Room	10:00 – 10:50 Yoga w/Tesla Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Donielle Clara Barton Room	10:00 – 10:50 Barre w/Nicole Fitness Studio	
4:00 – 4:45 BODYPUMP Express w/Angela GYM	12:00 – 1:00 20/20/20 w/Jackie Fitness Studio	11:00 – 12:00 Line Dancing w/Amanda Fitness Studio	12:00 – 12:50 Tabata w/Donielle Fitness Studio	12:00 – 1:00 BODYPUMP w/Josh GYM	11:00 – 11:50 Barre w/Connie Fitness Studio	
5:00 – 6:00 Yoga Sculpt w/Sam Fitness Studio	5:00 – 6:00 Barre w/Connie Fitness Studio	12:00 – 1:00 BODYPUMP w/Connie GYM	5:00 – 6:00 Yoga w/Renee Fitness Studio		1:00 – 1:45 Family Yoga w/Renee Fitness Studio	
5:00 – 5:30 Cycle Express w/Laura Cycle Studio	5:00 – 6:00 Prenatal Yoga w/Renee Clara Barton Room	4:00 – 4:50 Yoga w/Alanna Fitness Studio	5:00 – 5:45 Group Cycle w/Connie Cycle Studio	<p>All Classes: Please bring your own mat, water, and sweat towel. Members are responsible for sanitizing their own equipment. Schedule subject to change. Rooms are available for set up 15 minutes before class. Reservations required for each class. We only cancel classes when absolutely necessary. Cancellations will be posted on our online reservation system, Group Ex Pro.</p>		
5:30 – 6:00 Cycle Express w/Laura Cycle Studio		5:00 – 5:50 Zumba w/Jacque Fitness Studio	6:15 – 7:15 BODYPUMP w/Kim GYM			
		6:00 – 6:50 Stretch & Flex w/Nicole Fitness Studio				