

CS Cycle Studio

FFR Functional Fitness Room

MBS Mind Body Studio

POOL Pool

SA Studio A

SO Studio O

Les Mills

\$ Paid program

| MON                                                            | TUE                                                                     | WED                                                                         | THU                                                                              | FRI                                                                         | SAT                                                                         | SUN                                                        |
|----------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------|
| 5:45-6:30am<br><b>Cycle</b><br>Audra G. • CS                   | 5:45-6:30am<br><b>Athletic Conditioning</b><br>Emily S. • FFR           | 5:45-6:30am<br><b>Cycle</b><br>Audra G. • CS                                | 5:45-6:30am<br><b>Athletic Conditioning</b><br>Emily S. • FFR • no class Nov 26  | 5:45-6:30am<br><b>Cycle</b><br>Audra G. • CS                                | 8:00-9:00am<br><b>Athletic Conditioning</b><br>Bronson C. • FFR             | 1:00-1:50pm<br><b>Hip Hop Fitness</b><br>Illysa H. • SA    |
| 8:15-9:15am<br><b>BODYPUMP</b><br>Gena S. • SA                 | 8:00-8:50am<br><b>Aqua Fit</b><br>Joan M. • POOL                        | 8:15-9:15am<br><b>BODYPUMP</b><br>Gena S. • SA                              | 8:00-8:50am<br><b>Aqua Fit</b><br>Melissa F. • POOL • no class Nov 26            | 8:15-9:15am<br><b>BODYPUMP</b><br>Gena S. • SA                              | 9:00-9:45am<br><b>Cycle</b><br>Jay G. • CS                                  | 2:00-3:00pm<br><b>BODYPUMP HEAVY</b><br>Illysa H. • SA     |
| 8:15-9:15am<br><b>Vinyasa Yoga</b><br>Lindsay F. • MBS         | 8:15-9:15am<br><b>Functional Flow</b><br>Julia S. • MBS                 | 8:15-9:15am<br><b>Vinyasa Yoga</b><br>Jessica M. • MBS                      | 8:15-9:15am<br><b>Functional Flow</b><br>Julia S. • MBS • no class Nov 26        | 8:15-9:15am<br><b>Vinyasa Yoga</b><br>Becca S. • MBS                        | 9:00-9:50am<br><b>Hip Hop Fitness</b><br>Shellie W. • SA                    | 2:30-3:45pm<br><b>Restorative Yoga</b><br>Kathryn L. • MBS |
| 9:30-10:30am<br><b>Chair Yoga</b><br>Kathryn L. • MBS          | 8:15-9:15am<br><b>Shapes</b><br>Gena S. • SA                            | 9:30-10:30am<br><b>Chair Yoga</b><br>Kathryn L. • MBS                       | 8:15-9:15am<br><b>Shapes</b><br>Gena S. • SA • no class Nov 26                   | 9:30-10:30am<br><b>Chair Yoga</b><br>Kathryn L. • MBS                       | 9:00-10:00am<br><b>Shapes</b><br>Joy M. • MBS                               |                                                            |
| 9:30-10:15am<br><b>Cycle Fusion</b><br>Janine I. • CS          | 8:30-9:15am<br><b>Cycle</b><br>Jay G. • CS                              | 9:30-10:15am<br><b>Cycle Fusion</b><br>Janine I. • CS                       | 8:30-9:15am<br><b>Cycle</b><br>Jay G. • CS • no class Nov 26                     | 9:30-10:15am<br><b>Cycle</b><br>Kelly H. • CS                               | 10:05-10:55am<br><b>BODYPUMP Express</b><br>Peter W. • SA                   |                                                            |
| 9:30-10:15am<br><b>TRX</b><br>Kelly H. • FFR                   | 9:00-9:50am<br><b>Hydro Burn</b><br>Joan M. • POOL                      | 9:30-10:15am<br><b>TRX</b><br>Kelly H. • FFR                                | 9:00-9:50am<br><b>Hydro Burn</b><br>Melissa F. • POOL • no class Nov 26          | 9:30-10:20am<br><b>Step</b><br>Curtis P. • SA                               | 10:15-11:15am<br><b>Paid Program \$</b><br>Staff • FFR • no class Nov 7, 14 |                                                            |
| 9:30-10:20am<br><b>Zumba</b><br>Lena S. • SA                   | 9:30-10:20am<br><b>Core Conditioning</b><br>Gena S. • MBS               | 9:30-10:20am<br><b>Zumba</b><br>Jocelyn M. • SA                             | 9:30-10:20am<br><b>Core Conditioning</b><br>Gena S. • MBS • no class Nov 26      | 9:30-10:15am<br><b>TRX Tabata</b><br>Caryl C. • FFR                         | 10:30-11:30am<br><b>Power Yoga</b><br>Lisa V. • MBS                         |                                                            |
| 10:00-10:50am<br><b>Aqua Tabata</b><br>Michelle W. • POOL      | 9:30-10:30am<br><b>Step &amp; Pump</b><br>Joy M. • SA                   | 10:00-10:50am<br><b>Aqua Fit</b><br>Beth A. • POOL                          | 9:30-10:30am<br><b>Step &amp; Pump</b><br>Joy M. • SA • no class Nov 26          | 10:30-11:20am<br><b>Zumba</b><br>Rico S. • SA                               | 11:10am-12:00pm<br><b>Zumba</b><br>Rico S. • SA                             |                                                            |
| 11:00am-12:00pm<br><b>Flex and Stretch</b><br>Petra S. • MBS   | 9:30-10:15am<br><b>TRX</b><br>Julia S. • FFR                            | 11:00am-12:00pm<br><b>Aqua Tabata</b><br>Beth A. • POOL                     | 9:30-10:15am<br><b>TRX</b><br>Karen B. • FFR • no class Nov 26                   | 11:00am-12:00pm<br><b>Flex and Stretch</b><br>Petra S. • MBS                |                                                                             |                                                            |
| 11:00-11:50am<br><b>Fluid Movement</b><br>Michelle W. • POOL   | 10:30-11:15am<br><b>TRX</b><br>Julia S. • FFR                           | 11:00am-12:00pm<br><b>Flex and Stretch</b><br>Petra S. • MBS                | 10:35-11:25am<br><b>Pilates</b><br>Karen B. • MBS • no class Nov 26              | 12:00-1:00pm<br><b>Paid Program \$</b><br>Staff • FFR • no class Nov 6, 13  |                                                                             |                                                            |
| 11:00-11:50am<br><b>Low Impact Fitness</b><br>Karen B. • SA    | 10:35-11:25am<br><b>Pilates</b><br>Karen B. • MBS                       | 11:00-11:50am<br><b>Low Impact Fitness</b><br>Karen B. • SA                 | 10:45-11:30am<br><b>Dynamic Dance</b><br>Shella D. • SA • no class Nov 26        | 12:45-1:45pm<br><b>Tai Chi-Arthritis &amp; Balance</b><br>Merideth F. • MBS |                                                                             |                                                            |
| 12:00-12:45pm<br><b>Athletic Conditioning</b><br>Kelly H. • SA | 10:45-11:30am<br><b>Dynamic Dance</b><br>Elaine C. • SA                 | 12:00-12:45pm<br><b>Aqua Yoga</b><br>Beth A. • POOL                         | 11:40am-12:40pm<br><b>Chair Yoga</b><br>Jessica M. • MBS • no class Nov 26       | 1:30-2:30pm<br><b>PAID-LiftMore for Bone Health \$</b><br>Staff • FFR       |                                                                             |                                                            |
| 12:00-1:00pm<br><b>Paid Program \$</b><br>Staff • FFR          | 11:40am-12:40pm<br><b>Chair Yoga</b><br>Jessica M. • MBS                | 12:00-12:45pm<br><b>Athletic Conditioning</b><br>Caryl C. • SA              | 12:00-12:50pm<br><b>BODYPUMP Express</b><br>Kat H. • SA • no class Nov 26        |                                                                             |                                                                             |                                                            |
| 1:00-1:50pm<br><b>Low Impact Conditioning</b><br>Caryl C. • SA | 12:00-12:50pm<br><b>BODYPUMP Express</b><br>Kat H. • SA                 | 12:00-1:00pm<br><b>Paid Program \$</b><br>Staff • FFR                       | 12:15-1:00pm<br><b>HIT</b><br>Carolina P. • FFR • no class Nov 26                |                                                                             |                                                                             |                                                            |
| 2:00-2:50pm<br><b>Sit to be Fit</b><br>Petra S. • MBS          | 12:15-1:00pm<br><b>HIT</b><br>Carolina P. • FFR                         | 12:45-1:45pm<br><b>Tai Chi-Arthritis &amp; Balance</b><br>Merideth F. • MBS | 1:00-1:45pm<br><b>Ageless Grace</b><br>Vivian C. • MBS • no class Nov 26         |                                                                             |                                                                             |                                                            |
| 4:15-5:15pm<br><b>Shapes</b><br>Kat H. • SA                    | 1:00-1:45pm<br><b>Ageless Grace</b><br>Vivian C. • MBS                  | 1:00-1:50pm<br><b>Low Impact Conditioning</b><br>Caryl C. • SA              | 5:30-6:15pm<br><b>Total Body Strength</b><br>Taylor D. • SA • no class Nov 5, 26 |                                                                             |                                                                             |                                                            |
| 5:30-6:30pm<br><b>BODYPUMP</b><br>Christina H. • SA            | 2:00-3:00pm<br><b>Somatic Yoga</b><br>Diana S. • MBS                    | 1:30-2:30pm<br><b>PAID-LiftMore for Bone Health \$</b><br>Staff • FFR       | 6:05-6:55pm<br><b>Zumba</b><br>Kathy B. • MBS • no class Nov 26                  |                                                                             |                                                                             |                                                            |
| 5:30-6:20pm<br><b>Hip Hop Fitness</b><br>Shellie W. • MBS      | 5:30-6:15pm<br><b>Cycle</b><br>Jay G. • CS                              | 2:00-2:50pm<br><b>Sit to be Fit</b><br>Petra S. • MBS                       | 6:30-7:20pm<br><b>BODYPUMP HEAVY</b><br>Taylor D. • SA                           |                                                                             |                                                                             |                                                            |
| 6:00-6:45pm<br><b>Athletic Conditioning</b><br>Tony R. • SO    | 5:30-6:15pm<br><b>Total Body Strength</b><br>Taylor D. • SA             | 2:00-3:00pm<br><b>Tai Chi -Advanced</b><br>Merideth F. • SA                 |                                                                                  |                                                                             |                                                                             |                                                            |
| 6:35-7:35pm<br><b>Vinyasa Yoga</b><br>Christina H. • MBS       | 6:05-6:55pm<br><b>Zumba</b><br>Curtis P. • MBS                          | 4:15-5:15pm<br><b>Shapes</b><br>Kat H. • SA                                 |                                                                                  |                                                                             |                                                                             |                                                            |
|                                                                | 6:30-7:20pm<br><b>BODYPUMP HEAVY</b><br>Taylor D. • SA • no class Nov 3 | 5:30-6:30pm<br><b>BODYPUMP</b><br>Christina H. • SA                         |                                                                                  |                                                                             |                                                                             |                                                            |
|                                                                |                                                                         | 5:30-6:20pm<br><b>Hip Hop Fitness</b><br>Shellie W. • MBS                   |                                                                                  |                                                                             |                                                                             |                                                            |
|                                                                |                                                                         | 6:00-6:45pm<br><b>Athletic Conditioning</b><br>Tony R. • SO                 |                                                                                  |                                                                             |                                                                             |                                                            |
|                                                                |                                                                         | 6:35-7:35pm<br><b>Vinyasa Yoga</b><br>Christina H. • MBS                    |                                                                                  |                                                                             |                                                                             |                                                            |

# CLASS DESCRIPTIONS

Reuter Family YMCA · November 2026

## AQUATICS

**Aqua Fit** A high energy aqua workout, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells (buoys).

**Aqua Tabata** A high intensity aquatic interval class that uses 20 seconds of intense work, followed by 10 seconds of rest or active recovery. Suitable for all fitness levels. Reservations are required for all classes.

**Aqua Yoga** brings the benefits of yoga (increased strength, flexibility, and mobility) to the water, decreasing joint impact & making the practice safe & fun for everyone.

**Fluid Movement** Suitable for every fitness level. This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations. Definitely a valuable add on to your Wellness Center workouts.

**Hydro Burn** A high-intensity deep and low end water total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints. We will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancellations may also happen in the middle of class should weather conditions change.

## CARDIO

**Cycle** A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

**Cycle Fusion** is an intense combination class where cycling meets strength training, everything you need in one class!

**Step** is a fun and highly effective cardio training. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, balance and strength with exciting music and group energy.

**Step & Pump** This class uses intermediate step choreography and weight lifting segments for a total body workout.

## COMBINATION

**Functional Flow** This class is designed to improve balance and movement patterns through various exercise techniques. There will be a strong focus on core strength, balance, and mobility utilizing corrective exercise, weighted functional strength movements, and unilateral and contralateral exercises.

**Low Impact Conditioning** This class is geared toward healthy older adults looking for cardio, strength, and flexibility while avoiding any high impact movements. Come prepared to work, in a fun way that will keep you safe.

**Sit to be Fit** A chair-based class for seniors or physically challenged individuals. Warm up, sitting or standing, stretch, 12-15 minutes cardio in the chair. A light resistance training: balance, stretching, and relaxation.

**TRX Tabata** This is TRX leveled up for cardio health. This class will use 20 second intervals to burn calories and build muscle using suspension training.

## DANCE

**Dynamic Dance** Join us for this all inclusive dance class for any level of mental/physical ability. This class will include simple movements and structured free-form dance to pair with fun, music and exercise. We hope to put a smile on your face and fill your heart with joy!

**Zumba** A Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

## HIGH INTENSITY INTERVAL

**Athletic Conditioning** A cross training workout that combines movements from various sports, bootcamp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility. Outdoor classes may be moved indoors or canceled due to weather. For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

**HIT** High Intensity Training- This class is designed with little equipment and make to keep your heart rate up for a quick and powerful workout on your lunch break.

## MIND BODY

**Ageless Grace** Brain Health is a seated class for all ages and abilities that stimulates all 5 functions of your brain through fun, playful and innovative movements and great music! The evidence-based program uses 21 tools or exercises to activate your entire body and brain.

**Chair Yoga** Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

**Flex and Stretch** Flex & Stretch A class designed to actively stretch the body so that it maintains optimal mobility and range of motion.

**Power Yoga** An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

**Restorative Yoga** In this class, students will work with props to achieve postures that are restful and meditative. Poses are held for longer, and movement is slow and intentional. This class is great for beginners, those seeking relaxation, or participants with joint and mobility limitations.

**Somatic Yoga** This class is a gentle, mindful practice that blends traditional yoga postures with somatic movement therapy to improve mind-body awareness and reduce pain, stress, and trauma.

**Tai Chi -Advanced** This class continues to help increase strength, flexibility, mobility, and balance for those that can handle quicker direction and have experience in Tai Chi.

**Tai Chi-Arthritis & Balance** Tai Chi for Arthritis helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

## STRENGTH

**BODYPUMP Express** BODYPUMP is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP Express gives you a total body workout.

**BODYPUMP HEAVY**—tempo based strength training program by Les Mills that focuses on lifting heavier weights at a slower pace, compared to the traditional BODYPUMP class which emphasizes endurance with higher reps. It uses slower tempos, longer recovery periods, and includes techniques like super-setting to challenge strength and build lean muscle.

**Shapes** Les Mills Shapes is a low-impact strength class that brings the burn. Drawing inspiration from Pilates, Barre, and Power Yoga, this is the definition of 'work hard, play hard'.

**Total Body Strength** Want to burn fat, build muscle and have fun? This class will work on strengthening your entire body with weights, body weight, and cardio with interval training.



## Get the app

See the latest schedule, reserve your spot and get updates on changes in the Y's mobile app.

Scan with your phone's camera to download.

## GENERAL

**BODYPUMP** is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class...

**Core Conditioning** A muscle toning class that focuses on your core through trunk stability and strength.

**Hip Hop Fitness** A dance-based cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and lower body. Dip, shake and pump your body to the hottest hits while getting fit and having fun!

**Low Impact Fitness** Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

**Pilates** A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

**TRX** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

**Vinyasa Yoga** In this class, students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level is set by the instructor, and all poses are modified for all levels.

## PAID PROGRAM

**PAID-LiftMore for Bone Health \$ FEE BASED PROGRAM** -LiftMore for Bone Health is a small group personal training program for those wanting to strength train for bone health in a supervised setting. It includes structured high intensity resistance and impact training focused on improving bone density and muscle strength, especially for those with low bone mass or osteoporosis.

For a better us.

**Good to know:** Reservation is forfeited if not present at scheduled start of class. Classes that are canceled will have automatic email replies sent to registrant's email account about the cancelation. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancellations may also happen in the middle of class due to weather.