



MISSOULA FAMILY YMCA GROUP EXERCISE SCHEDULE April 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	BODYPUMP™ 5:30-6:30am Kellie	Sunrise Yoga 6:00-7:00am Missy	PiYo® 5:30-6:30am Missy	Sunrise Yoga 6:00-7:00am Missy	Barre 6:00-7:00am Missy	
	TAZ+ 8:15-9:10am Meighan	HIIT 8:30-9:05am Meighan	TAZ+ 8:15-9:10am Meighan	HIIT 8:30-9:05 Meighan	TAZ+ 8:15-9:10am Meighan	
Triathlon Training 9:00-11:00am Peer Led - meet in the pool	BODYPUMP™ 9:20-10:20am Meighan	Oula® 9:10-10:05am Lizzie	TAZ 9:15-10:15am Kelly	PiYo® 9:10-10:05am Kelly	BODYPUMP™ 9:20-10:20am Meighan	BODYPUMP™ 8:15-9:15am Rotation*
	EnhanceFitness 9:30-10:30am Blue Gym - Amber		EnhanceFitness 9:30-10:30am Blue Gym - Amber	Running Class 9:00-10:05am Dennis	EnhanceFitness 9:30-10:30am Blue Gym - Amber	HIIT+ 9:30-10:30am Blue Gym - Pete
Please Note - No classes on Saturday, April 29th. Join us for the 45th Annual Riverbank Run!!	Yoga 10:30-11:30am Missy	Barre 10:30-11:00am Wendy	Yoga 10:30-11:30am Kate	Barre 10:10-11:00am Kamra	Yoga 10:30-11:30am Maura	Oula® 9:30-10:30am Rotation*
		Gentle Yoga 11:05-12:00pm Sharla		Gentle Yoga 11:05-12:00pm Faith		Mat Class Mix 10:45-11:45am Rotation*
		Deep Water Running 11:00-12:00 Pete		Deep Water Running 11:00-12:00 Pete		
	BODYPUMP™ 12:05-1:00pm Jackie	Barre 12:05-1:00pm Jackie	BODYPUMP™ 12:05-1:00pm Jackie	Barre 12:05-1:00pm Jackie	BODYPUMP™ 12:05-1:00pm Kamra/Kara	
Afternoon/Evening Classes						
	SilverSneakers® 2:00-3:00pm Theresa	Exercise for Arthritis 2:00-3:00pm Danesa	SilverSneakers® 2:00-3:00pm Danesa	Exercise for Arthritis 2:15-3:00pm Amber		
			Junior Oula® 3:50-4:25pm Danesa			
Yoga 4:00-5:15pm Youngee	BODYPUMP™ 4:30-5:30pm Kara	PiYo® 4:30-5:30pm Kelly	Oula® 4:30-5:30pm Bernice	BODYPUMP™ 4:30-5:30pm Kara	Oula® 4:30-5:30pm Danesa	
	CORE 5:15-5:30pm Kelly	Metabolic Madness 5:35-6:30pm Pete	BODYPUMP™ 5:35-6:35pm Brittney	Metabolic Madness 5:35-6:30pm Pete	*Download our FREE Y app for fast access to the Most up-to-date schedules and class substitutions.	
	Oula-Power® 5:45-6:35pm Katie		Running Class 5:30-6:30pm Dennis			
	Yoga 6:45-7:45pm Julie	Zumba® 6:45-7:45pm Nay	Yoga 6:45-7:45pm Ellie	Oula® 6:45-7:45pm Amanda		

Y Fall/Winter/Spring Hours: Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm
(406)721-YMCA(9622) www.ymcamissoula.org