NOVEMBER GROUP FITNESS SCHEDULE

Make sure you're receiving our text messages for the latest class notifications.
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Monday			
5:15 am	Group Cycle	Gary	Cycle Studio
8:00 am	Classic Fitness	Susan	Group Ex
9:00 am	Group Cycle	Julie	Cycle Studio
9:00 am	Rhythm & Reps	Emilee	Group Ex
4:30 pm	Build & Burn	Ashley	Group Ex
5:30 pm	Group Cycle	Michelle	Cycle Studio
5:30 pm	Les Mills BODYPUMP	Shannon	Group Ex
Tuesday			
5:15 am	Les Mills BODYCOMBAT	Shannon	Group Ex
9:00 am	Total Body	Julie	Group Ex
10:00 am	Barre Above	Emilee	Group Ex
4:30 pm	Les Mills BODYCOMBAT	Jen	Group Ex
5:30 pm	Barre Above	Ashley	Group Ex
6:40 pm	Dance Fitness	Amy & Paula	Group Ex
Wednesday			
5:15 am	Les Mills BODYPUMP	Angie K.	Group Ex
5:15 am	Group Cycle	Angie D.	Cycle Studio
6:30 am	Ride, Lift, Restore	Tara & Danielle	Cycle Studio & Group Ex
8:00 am	Classic Fitness	Susan	Group Ex
9:00 am	Total Body	Anna	Group Ex
9:00 am	Group Cycle	Kevin	Cycle Studio
4:30 pm	Pilates	Jennifer	Group Ex
5:30 pm	Les Mills BODYPUMP	Shannon	Group Ex
Thursday			
5:15 am	Les Mills BODYCOMBAT	Shannon	Group Ex
5:15 am	Group Cycle	Varies	Cycle Studio
9:00 am	Total Body	Julie	Group Ex
10:00 am	Chair Fitness	Linda	Group Ex
4:30 pm	Les Mills YOGA Mix	Jen	Group Ex
6:00 pm	Dance Fitness	Amy & Paula	Group Ex
Friday			
5:15 am	Les Mills BODYPUMP	Angie K.	Group Ex
5:15 am	Group Cycle	Gary C.	Cycle Studio
8:00 am	Beginner Yoga	Susan	Group Ex
9:00 am	Total Body	Anna	Group Ex
9:00 am	Group Cycle	Tara	Cycle Studio

See Reverse Side for Saturday & Sunday Classes

NOVEMBER GROUP FITNESS SCHEDULE
WEEKEND CLASSES

Date	Saturday	Class	Instructor	Location
All	8:00 am	Pilates	Jennifer	Group Ex
All	8:00 am	Group Cycle	11/7 - Angie, 11/14 - Kevin, 11/21 - Angie, 11/28- Michelle	Cycle Studio
11/07/2026	9:30 am	Ride, Lift, and Restore	Tara & Danielle	Group Ex & Cycling Studio
	10:30 am	Les Mills YOGA Mix	Jen	Group Ex
11/14/2026	9:30 am	Zumba	Missie	Group Ex
	10:30 am	Les Mills VINYASA YOGA	Ashley	Group Ex
11/21/2026	9:30 am	Les Mills BODYPUMP	Angie	Group Ex
	10:30 am	Les Mills YOGA Mix	Jen	Group Ex
11/28/2026	9:30 am	Barre	Emilee	Group Ex
	10:30 am	Les Mills YOGA Mix	Jen	Group Ex

YMCA HOURS
The YMCA is open Mon-Thu 5am-8pm, Friday 5am-7pm, Saturday 6am-5pm, and Sunday 11am-5pm. 24-Hour Access is offered as a member benefit to allow use of our Wellness Center from the hour of closing to opening. Sign up at the Welcome Desk.

LESMILLS+®
There is nothing like attending a live class at the YMCA with friends and motivating instructors, but we know your busy lifestyle doesn't always make it easy to take a class. With LESMILLS+® your favorite workouts are available anytime, anywhere. Get unlimited access to over 3000 of your favorite LESMILLS workouts. To sign up or for a 14-day FREE TRIAL, find the link on the YMCA of St. Joseph website group exercise page, www.stjoymca.org.

COMMUNITY PARTICIPANTS MAY ATTEND THEIR FIRST GROUP EXERCISE/CYCLE CLASS FREE. AFTER THAT, $5.00/CLASS. Y MEMBERS HAVE FIRST PRIORITY.

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GROUP FITNESS CLASS DESCRIPTIONS

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BARRE ABOVE® – This is a unique class designed to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. Think lean toned legs, increased overall core strength and greater stability.

BUILD & BURN – Build strength in phases with a progressive strength training approach designed to challenge your body, drive performance, and help you grow stronger with every session. Choose the weights that challenge you and target all major muscle groups staying focused on control, intensity, and results. Lift with intention. Build with purpose. Get stronger every phase.

CHAIR FITNESS – For anyone who is just starting out with an exercise class or has limitations, this class combines a variety of exercise movements with support of a chair and adds light hand weights for muscle conditioning.

CLASSIC FITNESS – Music from the 60's, 70's and 80's is used to motivate participants in this rhythmic exercise format. Easy to follow, enjoyable motions and patterns to raise heartrate, break a sweat and bring a smile.

DANCE FITNESS – Exercise that engages the entire body and mind. Learning choreography and keeping your brain active addresses your heart, circulation, balance, muscles and joints. Dancing with us burns a TON of calories, and its FUN! There are a variety of routines encompassing many genres of music. Dance Fitness accompanies both beginners and experts. Come try it out!

FOUNDATIONAL MOVEMENTS – Feel better, move better, and build strength where it matters most. This 6-week program focuses on core stability, posture, and proper form to help reduce aches and pains, prevent injury, and improve mobility. By the end, you'll move more efficiently with better control, confidence, and power in every workout and everyday life. Level 2 to follow. Register in advance at the front desk. Limited class size.

GROUP CYCLE – A low impact group exercise class performed on stationary bikes. During the class, the instructor simulates hills, sprints, and races. You will be kept motivated by the instructor, the people around you and the great music.

H.I.I.T. (High Intensity Interval Training) Using high intensity timed intervals, this workout allows for maximum cardio gain without loss of muscle mass. This full body 45 min. workout is suitable for all fitness levels.

LES MILLS BODYCOMBAT® – A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

LES MILLS BODYPUMP® – This results-driven barbell class by Les Mills provides a workout that will strengthen all your major muscle groups by using the best weight-room exercises in a group setting. Be prepared for squats, presses, lifts and curls like you've never seen them before! Smart Start – Les Mills has conducted in-depth research into beginners' adherence to exercise, and knows that the key to great results is starting slowly. This means giving new people the option to leave after the first 20 minutes.

LES MILLS YOGA® – Versatile multi format series designed for all fitness levels.
HATHA – Focuses on precision, alignment, strength, and stability to build a solid foundational practice.
VINYASA – An athletic, breath-led dynamic flow set to an upbeat playlist that builds functional strength without equipment.
MIX – mixes components of all of the Les Mills Yoga variations.
YIN – Focuses on long-held stretches to release tension and calm the nervous system for deep restoration and recovery.

PILATES – This workout focuses on your body's core. Focuses on breathing, body control, flowing movements, stretching and precision. A strong core is beneficial to your back and better posture.

RIDE, LIFT, RESTORE – A total-body workout designed to build endurance, strength, and mobility in one efficient session. Start with energizing cycling, move into functional strength training, and finish with guided stretching/Yoga poses to help you recover, prevent injury, and feel your best.

RYTHM & REPS – This class utilizes extreme intervals to get you into great shape. Aerobic capacity, endurance, strength and whole body toning are just a few of the benefits of this exciting and challenging class.

TOTAL BODY – Improve overall fitness by combining resistance training exercises organized in challenging sets with cardio mixed in. This full-body workout is multi-level with modifications shown using a variety of resistance equipment. Train strength, endurance, cardio and flexibility.