



Buehler YMCA Group Exercise Schedule

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8am CARDIO & STRENGTH Studio 1, Laura	6-7am PUMP & POWER Studio 2, Dawn	6-7am STRENGTH & STAMINA Studio 2, Dawn		7-8am CARDIO & STRENGTH Studio 1, Laura	7:30-8:30am PERFORMANCE CYCLE Cycle Studio Kevin	
8-9am CYCLE Cycle Studio Catherine	8-9am FULL BODY CONDITIONING Studio 1, Jane	8-9am CYCLE Cycle Studio Jennifer			7:30-8:30am BODY BALANCE Studio 2, Terry	
8-8:50AM STRENGTH & STRETCH Studio 2, Tricia		8:30-9:30am TRX SUSPENSION TRAINING \$ Gym 1, Laura			8:45-9:45am STRENGTH & STAMINA Gym 3, Dawn	8:15-9:15am BODY PUMP Studio 2, Erin C
9-10am BODY PUMP Studio 1, Erin K	9-10am MAT PILATES Studio 2, Elaine	9-10am BARRE Studio 2, Lisa	9-10am MAT PILATES Studio 2, Elaine	9-10am TRX SUSPENSION TRAINING \$ Gym 1, Laura	9-10:15am TOTAL BODY+ Studio 2, Agnes	
9-10am BODY BALANCE Studio 2, Terry	9:15-10am RHYTHM RIDE Cycle Studio Erin K	9:15-10am BODY COMBAT Studio 1, Erin K	9-10am FULL BODY CONDITIONING Studio 1, Agnes	9-10am BODY BALANCE Studio 2, Terry	9:30-10:15am CHAIR YOGA Studio 1, Elizabeth	9:30-10:30am YOGA Studio 2, Steve
10:15-11:15am RHYTHM & BARRE Studio 2, Lisa	9:15-10:15am ACTIVE OLDER ADULT Gym 3, Laura		9:15-10:15am ACTIVE OLDER ADULT Gym 3, Laura	9:15-10:15am WERQ Studio 1, Lisa		11:00am-12pm FULL BODY CONDITIONING Studio 2, Cassie
10:15-11:am CHAIR YOGA Studio 1, Elizabeth	10:15-11:15am PILATES REFORMER+ Pilates Studio, Elaine \$		10:15-11:15am PILATES REFORMER+ Pilates Studio, Elaine \$			
	10:15-11:15am BODY PUMP Studio 2, Cassie	10:15-11:15am FULL BODY CONDITIONING Studio 2, Agnes	10:15-11:15am BODY PUMP Studio 2, Suzanne	10:15-11:15am FULL BODY CONDITIONING Studio 2, Agnes		
10:30-11:30am FUNCTIONAL FITNESS Gym 3, Laura	10:30-11:30am SILVER SNEAKERS Gym 3, Lisa	10:30-11:30am FUNCTIONAL FITNESS Gym 3, Lisa	10:30-11:30am SILVER SNEAKERS Gym 3, Laura	10:30-11:30am FUNCTIONAL FITNESS Gym 3, Lisa		
	11:30am-12:15pm BODY BALANCE Studio 2, Suzanne		11:30am-12:15pm BODY BALANCE Studio 2, Suzanne			
4:15-5:15pm BODY PUMP Studio 2, KayAnn		4:15-5:15pm BODY PUMP Studio 2, KayAnn	5:30-6:15pm FAMILY YOGA (ages 5 & up) Studio 2, Paige STARTS 9/17/26			
5:30-6:30pm CARDIO INTERVALS Studio 2, Agnes	5:30-6:30pm VINYASA YOGA Elizabeth, Studio 2	5-6pm SMALL GROUP TRAINING \$ PT Room, Jarolyn	5:15-6:15 STRENGTH & STAMINA Studio 1, Tricia STARTS 9/10/26			Highlighted = new class, time/location, or instructor
6:30-7:30PM THERAPEUTIC YOGA Studio 2, Paige STARTS 9/14/26	6:15-7:15pm DANCE & DEFINE Studio 1, Tricia	5:30-6:30pm VINYASA YOGA Elizabeth, Studio 2	6:30-7:30PM THERAPEUTIC YOGA Studio 2, Paige STARTS 9/17/26	*SPECIAL EVENT* IMMERSIVE YOGA 9/25/26 6:30-7:30PM		For the most up to date class info & to secure your spot in class use the YXApp
7:15-8:15pm MUSCLE BURN Studio 2, Jarolyn	6-7pm FUNCTIONAL TRAINING FOR STRONG BODIES \$ PT Room, Erin C	7:15-8:15pm MUSCLE BURN Studio 2, Jarolyn	6:30-7:30pm SMALL GROUP WEIGHT TRAINING \$ PT Room, Jarolyn			Updated 8/31/26

Youth 8-12 years old may attend select group fitness classes with a parent or guardian actively supervising.

Youth 13-15 years old may attend group fitness classes on their own, unless the class is specifically noted age 16+

Class Descriptions on Back

RED=Mix of cardio & Strength, BLUE=Cardio , GREEN= Mind & Body, PURPLE= Senior Classes

BARRE: The barre is used as a prop to balance while doing exercises inspired by elements of ballet, yoga, and Pilates. The focus is on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can! All fitness levels welcome.

LES MILLS BODY PUMP: This class will sculpt tone and strengthen your entire body! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Burn fat, gain strength and quickly produce lean body muscle. Age 16+

MUSCLE BURN: Expect a full-body challenge designed to improve muscular endurance, tone, and overall strength. Options are available for all fitness levels—come ready to work and leave feeling stronger. You will use weights, resistance bands, and bodyweight exercises to gently challenge your muscles, focusing on form and building confidence in your body

PILATES REFORMER+: This full-body workout helps build core strength, improve posture, increase flexibility, enhance balance, and promote better overall movement. You will use the Reformer and other Pilates equipment and props for a variety of exercises that offer varying degrees of resistance suitable for all fitness levels. First class free. **\$Premium class requires additional fee & registration. Participants must attend a brief orientation with the instructor prior to attending first class.**

RHYTHM & BARRE: A fun, full-body fusion of cardio dance and BARRE that combines upbeat movement with strength, balance, and flexibility training for an energizing workout. All fitness levels welcome

TRX SUSPENSION TRAINING: This class takes your workout to a whole new level utilizing the TRX suspension system trainer along with additional tools. You will build body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time. All fitness levels welcome. First class free. **\$Premium class requires additional fee.**

STRENGTH & STAMINA: This energizing class will help you learn proper form while improving overall muscular strength and endurance. All fitness levels welcome

STRENGTH & STRETCH: A balanced class that combines 25 minutes of strength training with 25 minutes of stretching. The workout focuses on building muscle, improving endurance, and increasing flexibility, leaving you feeling both strong and refreshed. All fitness levels welcome.

FULL BODY CONDITIONING: Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body strength workout along with cardio intervals and finish with core work and stretching. All fitness levels are welcome in this class.

TOTAL BODY+: An awesome 75 minutes of exercise that will consist of a 10-minute warm up, an incredible 60 minutes of cardio and strength moves, ending with an important cool down/stretch. Intermediate levels or above and age 16+

SMALL GROUP TRAINING: offers the intensity of Personal Training with the camaraderie of a small group of 3-6 people to help keep you motivated. Get the benefits of personal training at a fraction of the cost. First class free. **\$Premium class requires additional fee.**

CARDIO & STRENGTH: Cardio and body sculpting moves in one class! Cardio bursts combined with focused resistance exercises to get that great calorie and great results for the entire body! This class is suitable for all levels.

RHYTHM RIDE: An energizing indoor cycling class where every pedal stroke matches the beat of the music. Ride through hills, sprints, and intervals while staying in rhythm with high-energy playlists that keep you motivated from start to finish. This immersive experience combines cardio, strength, and coordination for a fun, full-body workout that leaves you feeling strong, empowered, and ready for more!

CARDIO INTERVAL: A fun, high-energy workout that mixes bursts of cardio exercises with short recovery periods to boost your heart rate, burn calories, and improve endurance. This class is about pushing yourself in a way that feels right for you.

CYCLE: Indoor cycle class designed to make you sweat and burn calories unlike any other workout! Improve heart health & boost your muscular endurance as you cycle your way to better fitness! All fitness levels welcome, please bring water bottle and a towel.

WERQ: WERQ is a wildly addictive cardio dance workout based on trending pop and hip-hop music. The mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community. Adaptable to all fitness levels.

DANCE & DEFINE: A fun, music-driven workout that blends easy-to-follow dance cardio with light strength training to sculpt and tone your whole body. No dance experience needed—just bring your energy and get ready to sweat, smile, and define!

MAT PILATES: A low-impact workout focused on strengthening the core, improving flexibility, posture, and overall body awareness using controlled movements performed on a mat. This class helps build long, lean muscles while enhancing balance, stability, and coordination for all fitness levels.

FAMILY YOGA: Family yoga time is more than just a fun activity to do together – it's an opportunity to cultivate physical, emotional, and mental well-being for members of your family. You'll improve flexibility and balance, but also strengthen bonds, reduce stress, and create lasting memories. (ages 5& up with parent/guardian)

THERAPEUTIC YOGA: Therapeutic yoga uses slow movement & carefully selected poses, breathwork, meditation, and guided relaxation modified for the individual's unique health needs to support healing, manage symptoms, and improve quality of life.

VINYASA YOGA: Vinyasa yoga offers energetic poses linking breath to movement. This All-Levels class builds on foundational postures, working toward more advanced poses with options & modifications to broaden your practice.

LES MILLS BODY BALANCE: Ideal for anyone and everyone, yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

FUNCTIONAL FITNESS: Stay strong, mobile, & energized for everyday life! Have fun moving to music through exercises designed to increase muscular strength, range of movement and activities for daily living. Exercises may use hand weights, bands, or resistance balls.

SILVER SNEAKERS: Build endurance for daily living through exercises designed to increase range of motion and strength. This class is adaptable to all fitness levels and will use hand weights, resistance tubing, and rubber balls. A chair is used for seated exercises and support.

ACTIVE OLDER ADULT: A low-impact, full-body fitness class designed specifically for older adults looking to stay strong, mobile, and energized. This class focuses on improving balance, flexibility, strength, and cardiovascular health

CHAIR YOGA: Is a gentle form of yoga that can be done while sitting in a chair or standing using a chair for support. Chair yoga will improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

***SPECIAL EVENT* Friday 9/25/26, IMMERSIVE YOGA:**

Immersive yoga refers to a deep, concentrated form of yoga practice that goes far beyond casual weekly classes. It's designed to fully engage the body, mind, and spirit, often through extended, focused sessions in a supportive environment.

Age 16+, Register in the YX App