the YMCA

GROUP EXERCISE



November 2026

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Water Aerobics (Renea)	Gentle Yoga (Emma)	Water Aerobics (Renea)	Gentle Yoga (Emma)	Water Aerobics (Renea)	
8:30 AM	Zumba (Lilibeth)		Zumba (Lilibeth)		Centergy (Racheal)	
8:30AM			Centergy (Racheal in OA Rm)			
9:00 AM		Pilates (Erica)		Pilates (Erica)		
9:30 AM	Silver Strong (Racheal)	Longevity (Miranda)	Silver Strong (Racheal)	Longevity (Miranda)	Silver Strong (Racheal)	
10:15 AM	Silver Sneakers (Lauren)		Silver Sneakers (Lauren)		Silver Sneakers (Lauren)	
5:00 PM		Water Aerobics (Ann)		Water Aerobics (Ann)		
5:30 PM	Power Hour (Miranda)		Power Hour (Miranda)			
5:30 PM	Osage Athletes (Alexa)	Osage Athletes (Stephanie)	Osage Athletes (Alexa)	Osage Athletes (Stephanie)		
6:00PM		Line Dancing (Ileana) 24th		Line Dancing (Ileana) 5th, 12th, 19th		
			November 25 NO CLASSES (OPEN 5am-1pm)	November 26 CLOSED	November 27 CLOSED	

CLASS DESCRIPTIONS

Centergy
An invigorating mind-body workout incorporating yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and strength.

Gentle Yoga
Unwind and move with ease in this calming, low-impact class. Focusing on light stretching, breathing, and simple movements to improve flexibility, balance, and relaxation. Perfect for all levels.

Power Hour
A full-body strength training class designed to build muscle, improve endurance, and enhance functional movement. Incorporates barbells, weights, and bodyweight exercises to help you move better, feel stronger, and perform at your best.

Line Dancing
Our Beginner Line Dancing Class is perfect for anyone ready to have fun and learn easy-to-follow steps—no experience needed. We'll break down the basics, dance to great music, and build confidence in a welcoming, upbeat atmosphere.

Longevity
This program is focused on 55+ demographics designed to restore/improve mobility first and applies scalable movements to improve overall health and fitness. Movement first, intensity second.

Osage Athletes (OA Room)
Cross-training style, high-intensity class focused on strength, conditioning, and functional fitness. Scalable for ALL levels.

Pilates
Low-impact class that strengthens the core, improves flexibility, and enhances posture through controlled, intentional movement. Great for all fitness levels!

Silver Sneakers (Chair-Based Fitness)
Using a chair for support, participants will improve strength, flexibility, balance, and overall mobility in a safe and comfortable environment. This welcoming, socially engaging program encourages an active lifestyle at your own pace, proving that movement can be effective, enjoyable, and accessible to everyone.

Silver Strong
Silver Strong is a spin off of Silver Sneakers that incorporates more standing movements and weight exercises. It is a high-energy, strength-focused class designed for active older adults ready to build muscle, improve endurance, and boost confidence. Using light to moderate weights and functional movements.

Water Aerobics
Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

"Wine" Down
Wine down with yoga and a sample of wine with friends. This group will focus on relaxations and socialization.

Zumba
High-energy dance workout that blends cardio, rhythm, and fun. Burn calories and move to the music-no experience needed!

CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.