

FIND YOUR Y

Fitness Schedule

Winter/Spring 2026

AEROBICS STUDIO

Starts
Jan 5



Bring
Your
Own
Mat!

	MON	TUES	WED	THUR	FRI	SAT	SUN
5am	BODYPUMP 45 Jenny 5:30am - 6:15am	GRIT Jemie 5:30am - 6:00am	BODYPUMP Express + CORE Stef 5:30am - 6:30am	Cardio & Strength Mashup Micki 5:30am - 6:15am	Strength Development Amanda O. 5:30am - 6:15am	Bring Your Own Mat!	
6am		Les Mills CORE Jemie 6:05am - 6:35am					
7am							
8am	BODYPUMP Stef 8:30am - 9:30am	Les Mills Shapes Stef 8:30am - 9:15am	Low Impact HIIT Step & Strength Rachel 8:30am - 9:20am	Les Mills Strength Development Stef 8:30am - 9:15am	Low Impact HIIT Rachel 8:30am - 9:20am	BODYPUMP Rotating 8:15 - 9:15am	
9am	Gentle Stretch & Mobility Steph 9:35am - 10:35am	Curls & Core Josie 9:30 am - 10:15am		Gentle Yoga Peggy 9:35am - 10:35am	Cardio & Strength for Seniors Heidi 9:45am - 10:35am	Les Mills Core In-Studio Virtual 9:30 - 10:00am	
10am		Cardio & Strength for Seniors Sandy 10:45am - 11:30am	TAI CHI Virtual/Sandra 10:00am - 11:00am	Chair Yoga Peggy 10:45am - 11:30am		StrongNation Mary 10:15-10:45am (See online sched)	GRIT In Studio Virtual 10:30 - 11:00am
11am			GRIT In Studio Virtual 11:15am - 11:45am				LM Core In Studio Virtual 11:05-11:35am
12pm	GRIT In Studio Virtual 12:15pm - 12:45pm	BODYPUMP Express In Studio Virtual 12:15pm - 12:45pm	Pilates for Lunch Jennifer 12:00pm - 1:00pm	BODYPUMP Express In Studio Virtual 12:15pm - 12:45pm	Les Mills Core In Studio Virtual 12:15pm - 12:45pm		BODYPUMP Express In Studio Virtual 12:15-1:15 pm
3pm	BODYPUMP In Studio Virtual 3:30pm - 4:15pm	BODYPUMP In Studio Virtual 3:30pm - 4:15pm	BODYPUMP In Studio Virtual 3:30pm - 4:15pm	BODYPUMP In Studio Virtual 3:30pm - 4:15pm			LM Shapes/SD Stef 1:30 - 2:15pm
4pm	BODYPUMP 45 Katie 4:30pm - 5:15pm		BODYPUMP 45 Allison 4:30pm - 5:15pm	Vinyasa Yoga Corrie 4:30pm - 5:30pm	GRIT In Studio Virtual 4:30pm - 5:00pm		
5pm	Circuit Max Leah 5:30pm - 6:15pm	Strength Development Amanda O. 5:30pm - 6:20pm	Step Interval Leah 5:30pm - 6:15pm	BODYPUMP Nick 5:35pm - 6:35pm	Les Mills Core In Studio Virtual 5:25pm - 5:55pm		
6pm	Zumba Mary 6:30pm - 7:15pm	Body Balance In Studio Virtual 6:30pm - 7:00pm	Zumba Mary 6:30pm - 7:15pm	Body Balance In Studio Virtual 6:40pm - 7:00pm	Body Balance In Studio Virtual 6:00pm - 6:40pm		

This represents our typical class schedule for Winter/Spring 2026. All classes are subject to occasional cancellation due to school breaks, holidays, or other unforeseen conflicts. For your safety, we will never encourage an instructor to teach if they are not feeling well, even if this results in a last minute cancellation. Please refer to website or mobile app for daily schedule.

To view the online schedule, please scan the QR Code or visit: mankatoymca.org



YOGA STUDIO

Our Yoga Studio is located on the upper level of the Y.

	MON	TUES	WED	THUR	FRI	WKND
8:00 am		Body Balance Kirsten 6:15am - 7:00am	Vinyasa Yoga Layla 8:30am - 9:30am	Somatic Flow Yoga Vanessa 8:30am - 9:30am	Vinyasa Yoga Peggy 8:30am - 9:30am	
10:00am	Chair Yoga Heidi 9:45am - 10:30am					SAT Vinyasa Yoga Layla 10:00am - 11:00am
12:00pm	Restorative Yoga Lily 12:00pm - 12:45pm					
4:00pm	Vinyasa Peggy 4:30pm - 5:30pm	Yoga Flow Teri 4:30pm - 5:30pm	Foundational Yoga Ben 4:15pm - 5:15pm			SUN Foundational Yoga Ben 4:00pm - 5:00pm
5:00pm			Body Balance Flex Allison 5:30pm - 6:00pm			

*Please note: Some yoga classes take place in the Aerobics Studio. Please check Aerobics Studio schedule. Some yoga classes might also move to the Aerobics Studio due to class size.

CYCLING STUDIO

Our Cycling Studio is located on the lower level of the Y in Studio C.

	MON	TUES	WED	THUR	FRI	WKND
5:00am	RPM Nick 5:30am - 6:15am	HIIT Cycle Amanda O. 5:30am - 6:15am	RPM Nick 5:30am - 6:15am	HIIT Cycle Amanda O. 5:30am - 6:15am	RPM In Studio Virtual 5:30am - 6:15am	
6:00am	RPM In Studio Virtual 6:30am - 7:30am	RPM In Studio Virtual 6:30am - 7:30am	RPM In Studio Virtual 6:30am - 7:30am	RPM In Studio Virtual 6:30am - 7:30am	RPM In Studio Virtual 6:30am - 7:30am	SATURDAY: RPM Virtual/Amanda C. 7:15am - 8:00am
8:00 am	Cycling Paul 8:15am - 9:00am	RPM In Studio Virtual 8:15am - 9:00am	Cycling Paul 8:15am - 9:00am	Cycling Sandy 8:15am - 9:00am	Cycling Paul 8:15am - 9:00am	SUNDAY: RPM In Studio Virtual 10:15am - 11:00am
11:00 am					RPM In Studio Virtual 11:15am - 12:00pm	SUNDAY: SPRINT In Studio Virtual 11:15am - 11:45am
5:00pm	RPM In Studio Virtual 5:30pm - 6:15pm	RPM In Studio Virtual 5:30pm - 6:15pm	RPM In Studio Virtual 5:30pm - 6:15pm	Cycling Josie 5:30pm - 6:15pm	RPM In Studio Virtual 5:30pm - 6:15pm	SUNDAY: RPM In Studio Virtual 12:15pm - 1:00pm
6:00pm	RPM In Studio Virtual 6:30pm - 7:15pm					

WATER AEROBICS

	MON	TUES	WED	THUR	FRI	SAT
6:00am		Water Interval Taylor Pool: Carol 6:00am - 6:50am		Water Interval Taylor Pool: Carol 6:00am - 6:50am		
8:00am	Water Interval Lap Pool: Brenda 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am	Water Interval Lap Pool: Michelle 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am		Aqua Zumba Taylor: Rotating 8:15am - 9:00am
10:00am	Aqua Mix Lap Pool: Frankie 10:00am - 10:50am	Aqua Mix Lap Pool: Michelle 10:00am - 10:50am	Aqua Mix Lap Pool: Frankie 10:00am - 10:50am	Aqua Mix Lap Pool: Isaac 10:00am - 10:50am		
Evening	Water Interval Lap Pool: Sue 7:15pm - 8:00pm	Aqua Zumba Taylor Pool: Linda 4:55pm - 5:25pm	Water Interval Lap Pool: Sue 7:15pm - 8:00pm			