

# FIND YOUR Y

## Fitness Schedule Winter/Spring 2026

Starts  
Jan 5



### AEROBICS STUDIO

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

Bring  
Your  
Own  
Mat!



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](http://mankatoymca.org)

# YOGA STUDIO

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

Bring  
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Mat!

	MON	TUES	WED	THUR	FRI	WKND
8:00 am		<b>Body Balance</b> Kirsten 6:15am - 7:00am	<b>Vinyasa Yoga</b> Layla 8:30am - 9:30am	<b>Somatic Flow Yoga</b> Vanessa 8:30am - 9:30am	<b>Vinyasa Yoga</b> Peggy 8:30am - 9:30am	
10:00am	<b>Chair Yoga</b> Heidi 9:45am - 10:30am					<b>Vinyasa Yoga</b> SAT Layla 10:00am - 11:00am
12:00pm	<b>Restorative Yoga</b> Lily 12:00pm - 12:45pm					
4:00pm	<b>Vinyasa</b> Peggy 4:30pm - 5:30pm	<b>Yoga Flow</b> Teri 4:30pm - 5:30pm	<b>Foundational Yoga</b> Ben 4:15pm - 5:15pm			<b>Foundational Yoga</b> SUN Ben 4:00pm - 5:00pm
5:00pm			<b>Body Balance Flex</b> 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	<b>RPM</b> Nick 5:30am - 6:15am	<b>HIIT Cycle</b> Amanda O. 5:30am - 6:15am	<b>RPM</b> Nick 5:30am - 6:15am	<b>HIIT Cycle</b> Amanda O. 5:30am - 6:15am	<b>RPM</b> In Studio Virtual 5:30am - 6:15am	
6:00am	<b>RPM</b> In Studio Virtual 6:30am - 7:30am	<b>SATURDAY: RPM</b> Virtual/Amanda C. 7:15am - 8:00am				
8:00 am	<b>Cycling</b> Paul 8:15am - 9:00am	<b>RPM</b> In Studio Virtual 8:15am - 9:00am	<b>Cycling</b> Paul 8:15am - 9:00am	<b>Cycling</b> Sandy 8:15am - 9:00am	<b>Cycling</b> Paul 8:15am - 9:00am	<b>SUNDAY: RPM</b> In Studio Virtual 10:15am - 11:00am
11:00 am					<b>RPM</b> In Studio Virtual 11:15am - 12:00pm	<b>SUNDAY: SPRINT</b> In Studio Virtual 11:15am - 11:45am
5:00pm	<b>RPM</b> In Studio Virtual 5:30pm - 6:15pm	<b>RPM</b> In Studio Virtual 5:30pm - 6:15pm	<b>RPM</b> In Studio Virtual 5:30pm - 6:15pm	<b>Cycling</b> Josie 5:30pm - 6:15pm	<b>RPM</b> In Studio Virtual 5:30pm - 6:15pm	<b>SUNDAY: RPM</b> In Studio Virtual 12:15pm - 1:00pm
6:00pm	<b>RPM</b> In Studio Virtual 6:30pm - 7:15pm					

# WATER AEROBICS

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