THE *Fall into Fitness* PLACE

Starts Sept. 8

Fitness Schedule
Fall 2026

AEROBICS STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
5am	**BODYPUMP 45** Nick 5:30am – 6:15am	**GRIT** Jemie 5:30am – 6:00am	**Strength Development** Amanda O. 5:30am – 6:15am	**Cardio & Strength Mashup** Jenny 5:30am – 6:15am	**Strength Development** Amanda O. 5:30am – 6:15am		
6am		**Les Mills CORE** Jemie 6:05am – 6:35am					
7am			**Les Mills CORE** In Studio Virtual 7:30am – 8:00am	**Yoga for Flexibility** Kirsten 7:45am – 8:15am	**BODYPUMP** In Studio Virtual 7:00am – 8:00am		
8am	**BODYPUMP** Stef 8:30am – 9:30am	**Les Mills Shapes** Stef 8:30am – 9:15am	**Low Impact HIIT** 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** Stef 9:35am – 10:35am	**Curls & Core** Josie 9:30 am – 10:15am		**Gentle Yoga** Peggy 9:35 am – 10:35am	**Cardio & Strength for Seniors** Heidi 9:45am – 10:35am		
10am		**Cardio & Strength for Seniors** Sandy 10:45am – 11:30am	**TAI CHI** Virtual/Renee 10:00am – 11:00am	**Chair Yoga** Peggy 10:45am – 11:30am		**StrongNation** Mary 10:00–10:30am (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	**Pilates for Lunch** Allison 12:00pm – 12:45pm	**BODYPUMP Express** In Studio Virtual	**Les Mills Core** In Studio Virtual 12:15pm – 12:45pm		**BODYPUMP** 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			**Body Balance** In Studio Virtual 1:30pm – 2:15pm
4pm	**BODYPUMP 45** Katie 4:30pm – 5:15pm		**Strength Development** 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 45** Emma 5:45pm – 6:30pm	**Les Mills Core** In Studio Virtual 5:25pm – 5:55pm		
6pm	**Zumba** Mary 6:30pm – 7:15pm	**Body Balance Express** In Studio Virtual 6:30pm – 7:00pm	**Zumba** Mary 6:30pm – 7:15pm	**Body Balance Express** Emma	**Body Balance** In Studio Virtual 6:00pm – 6:45pm		

Bring Your Own Mat!

This represents our typical class schedule for Fall 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	**Vinyasa Yoga** Alysa 8:30am – 9:30am		**Vinyasa Yoga** Layla 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						
4:00pm	**Vinyasa** Peggy 4:30pm – 5:30pm	**Yoga Flow** Teri 4:30pm – 5:30pm	**Foundational Yoga** Ben 4:15pm – 5:15pm		Bring Your Own Mat!	SUN **Foundational Yoga** Ben 4:00pm – 5:00pm
5:00pm		**Pilates** Linda 5:45pm – 6:30pm	**Mat Pilates** Allison 5:30pm – 6:00pm	**Pilates** Linda 5:45pm – 6:30pm		

*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	
5:00am	**RPM** In Studio Virtual 5:15am – 6:00am	**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 5:15am – 6:00am	
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	**Cycle** Paul 8:15am – 9:00am	**RPM** In Studio Virtual 8:15am – 9:00am	**Cycle** Paul 8:15am – 9:00am	**RPM** Sandy 8:15am – 9:00am	**Cycle** 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	**Cycling** Renee 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: Rotation
10:00am	**Aqua Mix** Lap Pool: Rotation 10:00am – 10:50am	**Aqua Mix** Lap Pool: Michelle 10:00am – 10:50am	**Aqua Mix** Lap Pool: Rotation 10:00am – 10:50am	**Aqua Mix** Lap Pool: Katie 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			