

GRAND ISLAND YMCA GROUP FITNESS SCHEDULE – FALL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT 5:15 – 5:45 AM Michelle	RPM CYCLING 5:15 – 6:00 AM Gary	GROUP CYCLING 5:15 – 6:00 AM Tara	RPM CYCLING 5:15 – 6:00 AM Annette	GROUP CYCLING 5:15 – 6:00 AM Tara	
RPM CYCLING 6:00 – 6:45 AM Gary	BODYPUMP 5:15 – 6:15 AM Rachel	SPRINT 6:15 – 6:45 AM Gary	BODYPUMP 5:15 – 6:15 AM Rachel		
		SHALLOW WATER 7:00 – 8:00 AM Chris			GROUP CYCLING 7:00 – 7:45 AM Tara
SHALLOW WATER 8:00 – 9:00 AM Linda B.	SHALLOW WATER 8:00 – 9:00 AM Linda B	AQUA ZUMBA 8:00 – 9:00 AM Kathy	SHALLOW WATER 8:00 – 9:00 AM Linda B.	DEEP WATER 8:00 – 9:00 AM Sonya	SPRINT 8:00 – 8:30 AM Staff
SPINNING 8:15 – 9:00 AM Linda	SPINNING 8:15 – 9:00 AM Linda	SPINNING 8:15 – 9:00 AM Linda	SPINNING 8:15 – 9:00 AM Linda	RPM 8:15 – 9:00 AM Annette	
	BODYPUMP 8:30 – 9:30 AM Mary	TAI CHI/QI GONG 8:40 – 9:25 AM JILL	BODYPUMP 8:30 – 9:30 AM Mary	AEROBICS / PILATES 8:30 – 9:30 AM Anna	YOGA/FLOW 8:45-9:30 AM Staff
PILATES 9:00- 9:30 AM Anna	SLVR5NKR5 YOGA 9:30-10:15 AM Joyce	AB LAB 9:00 – 9:30 AM Linda	SLVR5NKR5 YOGA 9:30-10:15 AM Joyce	SHALLOW WATER 9:00-10:00 AM Chris	
Slvr5nkr Classic 9:30 – 10:30 AM Melody	ROCK STEADY 10:00-11:00 AM Sonya	Slvr5nkr Classic 9:30 – 10:30 AM Chris	ROCK STEADY 10:00-11:00 AM Melody		
Hatha/Vinyasa Yoga 9:40 – 10:40 AM Deb		Hatha/Vinyasa Yoga 9:40 – 10:40 AM Jill	Slvr5nkr Balance 10:30-11:15 AM Sonya		
ARTHRITIS AQUATICS 10:30-11:30 AM Molly	ARTHRITIS AQUATICS 10:30 – 11:30 AM Joyce	ARTHRITIS AQUATICS 10:30 – 11:30 AM Molly	ARTHRITIS AQUATICS 10:30 – 11:30 AM Joyce	GENTLE YOGA 9:40 – 10:40 AM Deb	
ZUMBA GOLD 11:00 – 12:00 PM Kathy		ZUMBA GOLD 11:00-12:00 PM Kathy		ZUMBA GOLD 11:00-12:00 PM Kathy	
GROUP CYCLING 12:15 – 1:00 PM Jaye	AB LAB 12:10-12:50 PM Jaye	GROUP CYCLING 12:15 – 1:00 PM Jaye	GENTLE YOGA 12:10-12:50 PM Ruth	GROUP CYCLING 12:15 – 1:00 PM Jaye	
SPRINT 4:30 – 5:00 PM Amy	BODYPUMP 4:20- 5:10 PM Amy	PILATES 4:20 – 5:10 PM Anna	BODYPUMP 4:20 – 5:10 PM Amy		
BODYPUMP 5:30 – 6:30 PM Jaye	ZUMBA 5:30 – 6:15 PM Kathy	GRIT 5:15 – 5:45PM Griselda	BODYPUMP 5:30 – 6:15 PM Gary		
DEEP WATER FITNESS 7:00 – 8:00 PM Carmen		BODYCOMBAT 5:55- 6:25 PM Michelle	DEEP WATER FITNESS 7:00 – 8:00 PM Carmen		

South Gym
 Pool
 Spin Room
 Aerobics Room
 Aerobics Room & Virtual

Schedule can change due to weather, special events, etc.
 Stay up to date by checking our facebook page and/or app.

Effective Date: September 1, 2025

GRAND ISLAND YMCA GROUP FITNESS SCHEDULE -



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT 5:15 - 5:45 AM Michelle	RPM CYCLING 5:15 - 6:00 AM Gary	GROUP CYCLING 5:15 - 6:00 AM Tara	RPM CYCLING 5:15 - 6:00 AM Annette	GROUP CYCLING 5:15 - 6:00 AM Tara	
RPM CYCLING 6:00 - 6:45 AM Gary	BODYPUMP 5:15 - 6:15 AM Rachel	SPRINT 6:15 - 6:45 AM Gary	BODYPUMP 5:15 - 6:15 AM Rachel		
		SHALLOW WATER FITNESS 7:00 - 8:00 AM			GROUP CYCLING 7:00 - 7:45 AM Tara
SHALLOW WATER FITNESS 8:00 - 9:00 AM	SHALLOW WATER FITNESS 8:00 - 9:00 AM	AQUA ZUMBA 8:00 - 9:00 AM Kathy	SHALLOW WATER FITNESS 8:00 - 9:00 AM	DEEP WATER FITNESS 8:00 - 9:00 AM	SPRINT 8:00 - 8:30 AM
SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	RPM 8:15 - 9:00 AM Annette	
	BODYPUMP 8:30 - 9:30 AM Cara	HIIT 8:30 - 9:00 AM Cara	BODYPUMP 8:30 - 9:30 AM Mary	BODYATTACK 8:30 - 9:00 AM Cara	YOGA 8:45-9:30 AM
PILATES 9:00 - 9:30 AM Anna	SLVR5NKR5 YOGA 9:30-10:15 AM	AB LAB 9:00 - 9:30 AM Cara	SLVR5NKR5 YOGA 9:30-10:15 AM	SHALLOW WATER FITNESS 9:00-10:00 AM	
SlvrSnkr Classic 9:30 - 10:30 AM	ROCK STEADY 10:00-11:00 AM	SlvrSnkr Classic 9:30 - 10:30 AM	ROCK STEADY 10:00-11:00 AM	AB LAB 9:00 - 9:30 AM Cara	
Hatha/Vinyasa Yoga 9:40 - 10:40 AM Cara		Hatha/Vinyasa Yoga 9:40 - 10:40 AM Jill	SlvrSnkr Balance 10:30-11:15 AM		
ARTHRITIS AQUATICS 10:30-11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	GENTLE YOGA 9:40 - 10:40 AM Deb	
ZUMBA GOLD 11:00 - 12:00 PM	SlvrSnkr Balance 11:00-11:45 AM	TAI CHI/QI GONG 10:50-11:35 AM		ZUMBA GOLD 11:00-12:00 PM	
	AB LAB 12:10-12:50 PM Jaye	ZUMBA GOLD 11:00-12:00 PM	GENTLE YOGA 12:10-12:50 PM Deb		
GROUP CYCLING 12:15 - 1:00 PM Jaye	SPRINT 12:15 - 1:00 PM Cara	GROUP CYCLING 12:15 - 1:00 PM Jaye	BODYPUMP 4:20 - 5:10 PM Amy	GROUP CYCLING 12:15 - 1:00 PM Jaye	
SPRINT 4:30 - 5:00 PM Amy	BODYPUMP 4:20- 5:10 PM Amy		BODYPUMP 5:30 - 6:15 PM Gary		
BODYPUMP 5:30 - 6:30 PM Jaye	ZUMBA 5:30 - 6:15 PM Kathy	GRIT 5:15 - 5:45 PM Griselda			
DEEP WATER FITNESS 7:00 - 8:00 PM		BODYCOMBAT 5:55 - 6:25 PM Michelle	DEEP WATER FITNESS 7:00 - 8:00 PM		

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 Spin Room
 Aerobics Room
 Aerobics Room & Virtual

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Effective Date: April 24, 2025