2026-2027 Fall/Winter Altavista Area YMCA Group Fitness Schedule

Schedule subject to change

Full Facility Membership: Complimentary

Basic Membership: $30/20/10 punch card options

Non-Member: $75/50/25 punch card options

Play & Stay for YMCA members only. MUST reserve spot prior to class start

**Additional Fee

QR Code for YMCA360 App Download

	Class	Time	Location
Monday	Rise & Strengthen	7:30-8:30	Multipurpose Room
	Cardio Cuts	8:30-9:15	Aerobics Room
	Core Express	9:25-9:45	Aerobics Room
	Mat Pilates	10-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Aerobics Room
	Strength Express	5:05-5:25	Aerobics Room
	Fit Factory	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Karate**	6:45-8:50	Multipurpose Room
Tuesday	Cardio Mash	5:30-6:15	Aerobics Room
	Dance	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Core Express	10-10:20	Aerobics Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Step & Wt Fusion	5:30-6:20	Aerobics Room
	Tai Chi	6:30-7:30	Aerobics Room
	Karate**	7:35-8:30	Aerobics Room
Wednesday	Fit Factory	8:30-9:15	Aerobics Room
	Refit	9:30-10:30	Multipurpose Room
	Yoga	9:40-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Multipurpose Room
	PowerPlay Jr	3:40-4:10	Aerobics Room
	PowerPlay Next Level	4:15-4:45	Aerobics Room
	Dance	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Line Dancing**	7-8:50	Multipurpose Room
Thursday	Dance	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Mat Pilates	10-10:45	Aerobics Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Body Blitz	5:30-6:15	Aerobics Room
	Karate**	7:35-8:30	Aerobics Room
Friday	Cardio Cut	8:30-9:15	Aerobics Room
	Rev & Flow	9:30-10:30	Multipurpose Room
	Yoga	9:40-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Multipurpose Room
	Chair Cardio	11:20-11:40	Multipurpose Room
Saturday	Dance	8:30-9:15	Aerobics Room
	Mat Pilates	9:30-10:25	Aerobics Room

It is recommended that you see your health care provider before starting any exercise program

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR, CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION, SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BASIC/HIP HOP STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BODY BLITZ (Formerly known as HIIT): High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with less intense recovery periods. One performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue.

CHAIR CARDIO: Designed to be low impact but bring your heart rate up. Remaining in the chair, this class will keep you moving the entire 20min. The first part is a warm up then there will be 10min of cardio, then a 5 min cool down.

CHAIR PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility using weights, Thera bands, and gliders. Mostly performed in a chair, some work will be done standing.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated for some time afterwards.

CARDIO MASH: Blend of weights, cardio, dance, & step. Each class will have a particular focus with each instructor.

CORE EXPRESS: Executing exercises using dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

FIT FACTORY (Formerly known as Bootcamp): Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Multiple forms of training to the maximum amounts of calories are used. A base-level of fitness is recommended.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. **Fee based.**

MOVE-IT MANIA: High intensity class challenging participants with strength training &/or cardio based movements. Break a sweat and enjoy the comradery of fellow participants.

MAT PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility. The class will be lying on your stomach, side, back or seated. This class requires an ability to get up and down from the floor. You can bring a mat that is thicker than a normal yoga mat.

POWERPLAY JR (6-8yo): A playful fitness class that teaches kids the basics of movement through games, fun circuits, and confidence-building activities at a slower, beginner-friendly pace.

POWERPLAY NEXT LEVEL (9-11yo): An engaging fitness class that helps kids develop strength, agility, and coordination while learning proper form and progressing their skills in a supportive environment.

REFIT: is a cardio focused class with powerful moves and positive music. A workout that inspires community and positive changes from the inside out! It's perfect for beginners and challenging for fitness enthusiasts.

REV & FLOW: functional movements woven into the REV+FLOW format, you'll use important, lifelong functions that help you stay strong and active. REV+FLOW is a low-impact, high-intensity workout, you'll also increase your strength, balance, flexibility, and mobility.

RISE & STRENGTHEN: Wake up, get moving, and build strength with a low-impact morning workout using light weights, resistance bands, and functional exercises.

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

STEP & WT FUSION: 30 minutes of basic/hip hop step followed by 20 minutes of weights. Full body, hybrid training.

STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Help lower stress & blood pressure & increase balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced enhancing the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

DANCE: An exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. Dance ranges from Zumba to cardio dance!