



Activity Center Schedule

UPDATED JANUARY 2026

MON	TUE	WED	THURS	FRI	SAT	SUN
5:30-8:15AM OPEN GYM 8:15-8:30AM INSTRUCTOR PREP AC CLOSED	5:30-11:45AM OPEN GYM 11:45-1:45PM 18+ HOOPS	5:30-7:45AM OPEN GYM 7:45-8:00AM INSTRUCTOR PREP AC CLOSED	6:00-6:45AM CYCLE 8:00-9:00AM OPEN GYM	5:30-8:45AM OPEN GYM 8:45-9:00AM INSTRUCTOR PREP AC CLOSED	8:00-10:30AM OPEN GYM 10:45-11:45AM \$ LIL SPORTSTERS	8:00-10:15AM 18+ HOOPS 10:15-10:30AM INSTRUCTOR PREP AC CLOSED 10:30AM-12:15PM CYCLE & SCULPT
9:45-12:15 OPEN GYM 12:15-12:30PM INSTRUCTOR PREP AC CLOSED	1:45-3:45PM OPEN GYM 3:45-5:30PM \$ YOUTH AIKIDO	9:45-11:45AM PICKLEBALL 12:00-1:30PM 18+ HOOPS	9:15-11:15AM PICKLEBALL 11:30-12:15PM STAY FIT FOREVER	10:45-12:15PM PICKLEBALL 12:30-1:15PM ZUMBA GOLD	12:30-1:45PM \$ ADULT AIKIDO 2:00-5:45PM OPEN GYM	12:30-2:30PM RESERVED FOR POWER SOCCER TEAM (non-YMCA program) 2:45-5:00PM MIDDLE SCHOOL HOOPS
1:45-2:30PM PICKELBALL (New Horizons)	5:45-7:15PM PICKLEBALL	1:45-2:30PM PICKLEBALL (New Horizons)	1:45-2:30PM PICKLEBALL (New Horizons)	1:30-3:00PM 18+ HOOPS		5:00-5:45PM OPEN GYM
2:30-5:25PM MIDDLE SCHOOL HOOPS	7:30-8:30PM OPEN GYM	2:45-4:15PM OPEN GYM	3:45-5:30PM \$ YOUTH AIKIDO	3:00-4:30PM MIDDLE SCHOOL HOOPS	\$ INDICATES FEE BASED PROGRAMS THAT REQUIRE REGISTRATION	
6:00-8:00PM VOLLEYBALL OPEN GYM		4:30-5:30PM \$ ADAPTIVE BASKETBALL	5:30-8:30pm 18+ HOOPS	4:30-6:00PM PICKLEBALL	OPEN GYM: First come, first served. Share the space and adhere to age guidelines for facility usage. HOOPS: Adhere to age guidelines indicated on schedule. Pick-up games are played during these times only.	
SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE		6:00-8:00PM VOLLEYBALL OPEN GYM		6:00-8:30PM OPEN GYM		

GROUP EXERCISE CLASS OFFERINGS

\$ Aikido & Youth Aikido

A Japanese martial art that promotes harmony and non-aggression by developing an awareness of oneself and an awareness of others. Adult Class designed for ages 14 and up. Children's Class designed for second through fifth grades. Fee based.

Barre Body Sculpt

Combines low-impact aerobics, ballet-based moves, Yoga and Pilates. Includes cardio, and upper body conditioning with weights & Pilates-based Mat work. Chair and other props used in lieu of ballet bar

BODYPUMP

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques, & you'll leave the class feeling challenged and motivated, ready to come back for more.

Boot Camp

Starts with dynamic stretching & running followed by a wide variety of interval training including lifting weights/objects, pulling objects, pushups, sit-ups & various types of intense routines

Cardio & Core

Low impact cardio to elevate the heart rate and strength work focused on core and major muscle groups.

Cardio Hip Hop

A great opportunity to get a cardio work out with a fun, funky dance style! It's easy to learn and is appropriate for all levels.

Cycle

Indoor cycling, often called spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting

Dance Fit

A great opportunity to get a cardio work out with a fun, funky dance style! It's easy to learn and is appropriate for all levels.

Gentle Strength & Balance

Basic weight training & balance work to promote strength, endurance, and range of motion. Designed for individuals new or limited in their activity level. Instructor provides seated options

Kickboxing

A martial art inspired group fitness format that is both heart-pumping and exhilarating, using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing.

Mat Muscle

Pilates inspired strength class that includes components of cardio, planks, squats, and core exercises. Emphasis on core and glute/leg strength.

Parkinson's Movement Training

This class uses a variety of exercises to work on movement strategies targeted for Parkinson's symptoms, regarding gait, balance, strength and extension. Class may use equipment, including hand weights, bands, balls or partners, seated and standing, stimulating our bodies and stimulating dopamine!

Pilates

Focusing on strength, stability, posture, proper breath control, and flexibility, each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

Power Sculpt

Sculpt your body with resistance training designed to reshape each muscle group, combined with interval cardio bursts, drills, circuits and other resistance exercises. Class ends with core work and a quick stretch.

Stay Fit Forever

Cardiovascular exercise that incorporates choreographed, low impact aerobics plus muscle toning and stretching.

Step & Core/Sculpt

Step uses an adjustable platform, stepping up and down between the platform and the floor, for cardiovascular exercise and strengthening of leg muscles.

Step & Core: Includes a core strengthening and stretching segment, core work and stretching.

Step & Sculpt: Includes a segment of weight or resistance training to sculpt your muscles using weights, resistance bands, and your own body weight to power up your muscles.

Tai Chi

Tai chi, short for t'ai chi ch'üan, is an internal Chinese martial art practiced for both its defense training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang, related to the moves. *Seated in a chair and standing options offered to allow anyone to enjoy and experience this gentle movement based practice.

TRX

A suspension trainer using gravity, and your own body weight, to increase core & muscle strength, joint stability and cardiovascular fitness. Exercises are designed for ALL LEVELS, from the advanced athlete to the fitness novice.

UpBeat Barre

UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. UPB rocks popular tunes for an intense and accessible muscular-endurance workout.

WARRIOR Rhythm

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

Y's Way to Fitness

National Y adult fitness program with traditional and callisthenic fitness concentrating on joint mobility, strengthening, toning, balance and flexibility.

Yoga

These mind-body classes utilize breathing as a dynamic relaxation technique. Reduce muscle tension, increase range of motion, promote circulation, gain strength, and help prevent injuries. Yoga, Power Yoga, Gentle Yoga, Yoga Flow and Chair Yoga classes all available on our schedule.

Zumba

Combines irresistible, international dance music with easy-to-learn moves, borrowing steps from Salsa, Samba, Reggae and more. For ages 13 and up and any fitness level. Feel the beat!

Zumba Gold: A modified Zumba class that recreates the original moves you love at a lower-intensity, focusing on balance, range of motion and coordination.

Our live schedule will indicate substitute instructors and other short term schedule changes.