



# Fitness Class Schedule

## APRIL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
5:00 AM	5:00 AM #3 Power - Vanessa			5:00 AM #3 Power - Vanessa										
5:15 AM	5:15 AM FFF- Aimee		5:15 AM FFF- Aimee		5:15 AM FFF- Aimee									
5:30 AM		5:30 AM #1 - Yoga - Tiffani		5:30 AM #1-Pilates- Tiffani										
7:30 AM			7:30 AM Gentle Yoga - Julie	7:30 AM #2 Power - Debbie										
8:00 AM		8:15 AM #1 - Stretch & Tone - Gailyn	8:00 AM #3 Step Aerobics-Tiffani	8:15 AM #1 - Stretch & Tone - Gailyn		8:00 AM #3 Power - Debbie								
8:30 AM	8:30 AM #2 Aerobic/Strength - Tiffani		8:30 AM #2 Aerobic/Strength Leanne		8:30 AM #2 Aerobic/Strength- Gailyn									
9:00 AM		9:00 AM Circuit Class-Wellness Center		9:00 AM Circuit Class-Wellness Center	8:30 AM #3 Biking - Mary									
9:30 AM	9:30 AM #2 Stretch & Tone - Gailyn		9:30 AM #2 Stretch & Tone - Gailyn		9:30 AM #2 Stretch & Tone - Gailyn									
10:15 AM	10:15 AM Active Chair-Dedra		10:15 AM Active Chair- Dedra		10:15 AM Active Chair-Dedra									
11:15 AM	11:15 AM Chair Only- Dedra		11:15 AM Chair Only- Dedra											
4:30 PM	4:30 PM #1 Yoga- Julie				<table border="1"> <thead> <tr> <th colspan="2">CLASS LOCATIONS</th> </tr> </thead> <tbody> <tr> <td>#1 Original Fitness Studio</td> <td>Kennen Center</td> </tr> <tr> <td>#2 Studio Closest to Office</td> <td>Wellness Center</td> </tr> <tr> <td>#3 Studio Closest to Windows</td> <td>Y Gym</td> </tr> </tbody> </table>		CLASS LOCATIONS		#1 Original Fitness Studio	Kennen Center	#2 Studio Closest to Office	Wellness Center	#3 Studio Closest to Windows	Y Gym
CLASS LOCATIONS														
#1 Original Fitness Studio	Kennen Center													
#2 Studio Closest to Office	Wellness Center													
#3 Studio Closest to Windows	Y Gym													
4:30 PM	4:30 PM #2 Back to Basics - Dedra	4:30 PM #3-Core & Restore- Tiffani	4:30 PM #2 Back to Basics - Dedra	4:30 PM- #3-Core & Restore- Tiffani										
			5:15 PM #1 - Yoga - Debbie											
5:30 PM	5:30 PM #3 Step Up & Dance - Becky		5:30 PM #3 Step Up & Dance - Becky	5:30 PM #3 - TBT - Samantha										
	5:30PM #2-Pound - Samantha		5:30 PM #2-Weight Wednesday- Samantha											



# MEXICO AREA FAMILY YMCA

## CLASSROOM #1- ORIGINAL FITNESS STUDIO

### APRIL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		5:30 AM Yoga- Tiffani		5:30 AM Pilates- Tiffani		
7:30 AM			7:30 AM Gentle Yoga- Julie			
8:00 AM		8:15 AM Stretch & tone - Gailyn		8:15 AM Stretch & tone - Gailyn		
10:00 AM						
4:30 PM	4:30 PM Yoga - Julie					
5:30 PM			5:15 PM Yoga - Debbie			
6:30 PM						



# MEXICO AREA FAMILY YMCA

## CLASSROOM #2- STUDIO CLOSEST TO OFFICE

### APRIL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:30 AM	8:30 AM Aerobic/Strength Tiffani		8:30 AM Aerobic/Strength Leanne		8:30 AM Aerobic/Strength Gailyn	
9:30 AM	9:30 AM Stretch & Tone- Gailyn		9:30 AM Stretch & Tone- Gailyn		9:30 AM Stretch & Tone- Gailyn	
4:30 PM	4:30 PM Back to Basics Dedra		4:30 PM Back to Basics Dedra			
5:30 PM	5:30PM #2-Pound - Samantha		5:30 PM Weight Wednesday- Samantha			
6:30 PM	6:45 PM Tae Kwon Do	6:30 PM Youn Wha Ryu	6:45 PM Tae Kwon Do	6:30 PM Youn Wha Ryu		



# MEXICO AREA FAMILY YMCA

## CLASSROOM #3- STUDIO CLOSEST TO WINDOWS

### APRIL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5:00 AM Power - Vanessa			5:00 AM Power - Vanessa			
7:30 AM				7:30 AM Power - Debbie			
8:00 AM			8:00 AM Step Aerobics-Tiffani			8:00 AM Power - Debbie	
9:00 AM					8:30 AM Biking - Mary		
1:00 PM							
4:30 PM		4:30 PM Core & Restore - Tiffani		4:30 PM Core & Restore - Tiffani			
5:30 PM	5:30 PM Step Up & Dance - Becky		5:30 PM Step Up & Dance - Becky	5:30 PM TBT - Samantha			
6:30 PM							



# MEXICO AREA FAMILY YMCA

## KENNEN CENTER/WELLNESS CENTER/Y GYM

### APRIL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	5:15 AM FFF- Aimee		5:15 AM FFF- Aimee		5:15 AM FFF- Aimee	
9:00 AM		9:00 AM Circuit Class-Wellness Center		9:00 AM Circuit Class-Wellness Center		
10:15 AM	10:15 AM Active Chair-Dedra		10:15 AM Active Chair- Dedra		10:15 AM Active Chair-Dedra	
11:15 AM	11:15 AM Chair Only- Dedra		11:15 AM Chair Only- Dedra			
5:30 PM						

<b>Kennen Center</b>
<b>Wellness Center</b>
<b>Y Gym</b>

