



# MEXICO AREA FAMILY YMCA Fitness Class Schedule JUNE 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 Taylor		8:30 AM #2 Aerobic/Strength Taylor	
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			
<b>CLASS LOCATIONS</b>						
4:30 PM	4:30 PM #1 Yoga- Julie				<b>#1 Original Fitness Studio</b> Kennen Center	
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			5:15 PM #1 - Yoga - Debbie		<b>#2 Studio Closest to Office</b> Wellness Center	
5:30 PM	5:30 PM #2 Pound - Samantha	5:30 PM #3 Step Up & Dance - Paige	5:30 PM #2-Weight Wednesday- Samantha	5:30 PM #2 Step Up & Dance - Becky		
5:30 PM				5:30 PM #3 TBT - Samantha	<b>#3 Studio Closest to Windows</b> Y Gym	