



MEXICO AREA FAMILY YMCA

Fitness Class Schedule

JULY 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			
					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 #1 Yoga– Julie					
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			
5:15 PM			5:15 PM #1 – Yoga – Debbie			
5:30 PM	5:30 PM #2 Pound – Samantha	5:30 PM #3 Step Up & Dance – Becky	5:30 PM #2–Weight Wednesday– Samantha	5:30 PM #2 Step Up & Dance – Becky		
5:30 PM				5:30 PM #3 TBT – Samantha		