Prince George Family YMCA

Group Fitness Schedule – updated October 8, 2026

Room Guide: **(G) Gymnasium | (FS) Fitness Studio | (AP) All Purpose Room | (T) TRX**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
TRX (T) 6:00am		**Yoga** (FS) 6:00am	**Muscle Fit** (FS) 6:00am	**Cycle Fit** (AP) 6:00am	**Reps & Strength** (FS) 8:00am	
Cycle Fit (AP) 9:00am					**Cycle Fit** (AP) 9:00am	**Cycle Fit** (AP) 9:00am
Muscle Fit (FS) 9:00am		**Muscle Fit** (FS) 9:00am		**Muscle Fit** (FS) 9:00am	**Muscle Fit** (FS) 9:00am	**Bosu Blast** (FS) 9:00am
Cardio Flow (G) 9:00am	**Step** (FS) 9:00am	**Cardio Flow** (G) 9:00am	**Step** (FS) 9:00am			
Stretch & Relax (FS) 10:00am		**Stretch & Relax** (FS) 10:00am	**Yoga** (FS) 10:00am	**Yoga** (FS) 10:00am	**Yoga Fit** (FS) 10am	**Strong Nation** (FS) 10:00am
	Rejuvenate (G) 10:30am		**Rejuvenate** (G) 10:30am		**Zumba** (FS) 11:00am	
AFTERNOON						
Muscle Fit Express (FS) 12:10pm	**Fusion** (FS)12:10pm	**Muscle Fit Express** (FS) 12:10pm	**Interval Cycle & Core** (AP) 12:10pm	**Interval Training** (FS) 12:10pm		
	Bootcamp (G) 12:10pm	**TRX** (T) 12:10pm				
Senior Fit (G) 1:30pm		**Senior Fit** (G) 1:30pm	**Senior Fit** (FS) 1:30pm			
		Gentle Fit (FS) 1:30pm			**Growing Mindfully** 2:30-5:30 **Start Oct 17th**	
EVENING						
Step (FS) 4:30pm	**Muscle Fit** (FS) 4:30pm	**Bosu Blast** (FS) 4:30pm	**Muscle Fit** (FS) 4:30pm			
Muscle Fit (FS) 5:30pm	**Cycle Fit** (AP) 5:30pm	**Muscle Fit** (FS) 5:30pm	**Cycle Fit** (AP) 5:30pm			**Yin Yoga** (FS) 5:30pm **Pop up October 11/18/25**
	Strong Nation® (FS) 5:30pm		**Step** (FS) 5:30pm	**Bolly X** (FS) 6:00pm		
Zumba® (FS) 6:30pm	**Zumba®** (FS) 6:30pm	**Zumba®** (FS) 6:30pm	**Pound** (FS) 6:30pm **Oct. 15**			
	Evening Flow Yoga (FS) 7:30pm		**Evening Flow Yoga** (FS) 7:30pm			

Class Descriptions

CARDIO CLASSES

Cardio Flow- Elevate your heart rate and burn calories with Cardio Flow! This high energy rhythmic workout offers low and hight-impact options for every fitness level, wrapping up with a deep athletic stretch.
Cycle Fit- An energetic and powerful ride on our indoor cycling bikes, filled with a combination of drills which include hills, intervals and time trials.
Interval Training- This high energy workout alternates between bursts of high intensity exercises and periods of low intensity recovery, maximizing calorie burn while building strength and endurance. Perfect for all fitness levels this class helps improve cardiovascular health, tone muscle, and boost metabolism.
Interval Cycle and Core- A high-intensity interval training that alternates cycle and core strength using a variety of equipment, including body weight, bands, toning balls and free weights to sculpt all the muscles groups of the core.
Step- An upbeat choreographed cardio class that uses a step for high impact to sculpt while you sweat.

DANCE CLASSES

Bolly X®- A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.
Zumba®- Join us for Zumba®, a high-energy, Latin-inspired dance-fitness program that will have you addicted!

STRENGTH TRAINING CLASSES

Bootcamp- A total body interval workout with a variety of strength, interval, MET, HIIT and TRX/RIP to rev your metabolism and condition your entire body.
Bosu Blast: Core Strength and Stability– Core work doesn't have to be a chore! Join our friendly, low impact Bosu Ball workout to boost your balance, protect yur joints, and build functional full body strength. Enjoy game inspired challenges and scalable exercises that let you train safely at your own pace.
Muscle Fit- A motivating combination of traditional barbell training exercises matched to top hit music to create a fun and efficient way to strength train. You've never had this much fun lifting weights!
Muscle Fit Express- A slightly shorter version of Muscle Fit - made to fit into reduced class times like lunch time.
Reps and Strength- Build total body strength and stamina. Using dumbbells and barbells, this class combines targeted weight training with high repetitions to maximize your muscular endurance and leave you feeling powerful.
Strong Nation®- High-intensity training, syncing music and strength moves, delivering an effective, total body workout. Music is the driving force to work hard and see results. Strong provides an intensity progression system; biomechanics and movement fundamentals are applied for injury prevention.
TRX- A core engaging alternative to traditional strength training, TRX is a total-body workout that will strengthen all major muscles while giving the best core training your abs have ever seen.

YOGA AND STRETCH CLASSES

Evening Flow Yoga- This class begins with movement to burn off energy and then gradually begins to hold the poses for longer periods of time to allow the body to rest. All skill levels welcome.
Fusion- A dynamic unity of pilates and yoga designed to challenge, strengthen and stabilize your core and increase vitality.
Stretch & Relax- Join a soothing atmosphere devoted to releasing tight muscles as well as focusing on relaxing through breathing. Together we will find relaxation of your mind and body.
Yoga- A basic foundation and peaceful approach to improve strength and flexibility.
Yin Yoga - enjoy this slow-paced class featuring longer held poses designed to calm the mind and body. Yin yoga helps reduce stress and anxiety, release tension, improve flexibility and increase mobility. Suitable for all levels, this gentle practice encourages deep relaxation while nourishing both body and mind.

SENIOR CLASSES

Gentle Fit- A gentle paced alternative to our Senior Fit classes for those older adults that are just starting out or coming back to fitness. It will include simple aerobic activity followed by strength, range of motion, balance work, and stretching. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis, or adapting to chronic disorders.
Rejuvenate- A full-body strength, balance, & coordination class for those that generally have full range of motion but cannot comfortably get to the floor. Three rounds of exercises working strength, balance, coordination, gait and cardio intervals.
Senior Fit- Celebrate movement in a fun and supportive environment that is designed to increase strength, vitality and connection with others. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis or adapting to chronic disorders.

Prince George Family YMCA

2026 Thanksgiving Weekend Group Fitness – October 9-12, 2026

Room Guide: **(G) Gymnasium | (FS) Fitness Studio | (AP) All Purpose Room | (T) TRX**

FRIDAY	SATURDAY	SUNDAY	MONDAY
MORNING			
Cycle Fit (AP) 6:00am	**Reps & Strength** (FS) 8:00am		
Muscle Fit (FS) 9:00am	**Muscle Fit** (FS) 9:00am		**Muscle Fit** (FS) 9:00am
	Cycle Fit (AP) 9:00am	**Cycle Fit** (AP) 9:00am	**Cycle Fit** (AP) 9:00am
Yoga (FS) 10:00am	**Yoga Fit** (FS) 10am		**Step** (FS) 10:00am
	Zumba (FS) 11am		**Zumba** (FS) 11:00am
AFTERNOON			
Interval Training (FS) 12:10pm			
EVENING			
Bolly X (FS) 6:00pm		**Yin Yoga** (FS) 5:30pm	

Class Descriptions

CARDIO CLASSES

Cardio Flow- Elevate your heart rate and burn calories with Cardio Flow! This high energy rhythmic workout offers low and hight-impact options for every fitness level, wrapping up with a deep athletic stretch.
Cycle Fit- An energetic and powerful ride on our indoor cycling bikes, filled with a combination of drills which include hills, intervals and time trials.
Interval Training- This high energy workout alternates between bursts of high intensity exercises and periods of low intensity recovery, maximizing calorie burn while building strength and endurance. Perfect for all fitness levels this class helps improve cardiovascular health, tone muscle, and boost metabolism.
Interval Cycle and Core- A high-intensity interval training that alternates cycle and core strength using a variety of equipment, including body weight, bands, toning balls and free weights to sculpt all the muscles groups of the core.
Metabolic Conditioning (MetCon) - A moderate to high-intensity strength and cardio class designed to increase lean muscle mass and aerobic capacity. Workouts will incorporate free weight, band, and body-weight exercises with quick cardio intervals.
Pound ®- An energizing, toning and rockin' workout in which participants use drumming to become a part of the music to sweat and sculpt!
Step- An upbeat choreographed cardio class that uses a step for high impact to sculpt while you sweat.

DANCE CLASSES

Bolly X®- A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.
Zumba®- Join us for Zumba®, a high-energy, Latin-inspired dance-fitness program that will have you addicted!

STRENGTH TRAINING CLASSES

Bootcamp- A total body interval workout with a variety of strength, interval, MET, HIIT and TRX/RIP to rev your metabolism and condition your entire body.
Bosu Balance and Core- A low impact workout targeting core and connective tissue to increase our strength and our day-to-day functionality safely and with purpose. Be ready to challenge yourself on the Bosu Ball with exercises and poses that level up as you become more confident.
Muscle Fit- A motivating combination of traditional barbell training exercises matched to top hit music to create a fun and efficient way to strength train. You've never had this much fun lifting weights!
Muscle Fit Express- A slightly shorter version of Muscle Fit - made to fit into reduced class times like lunch time.
Strong Nation®- High-intensity training, syncing music and strength moves, delivering an effective, total body workout. Music is the driving force to work hard and see results. Strong provides an intensity progression system; biomechanics and movement fundamentals are applied for injury prevention.
TRX- A core engaging alternative to traditional strength training, TRX is a total-body workout that will strengthen all major muscles while giving the best core training your abs have ever seen.

YOGA AND STRETCH CLASSES

CIRCL Mobility™- This class helps you release stress, restore your range of motion, and renew your ability to move better, longer.
Evening Flow Yoga- This class begins with movement to burn off energy and then gradually begins to hold the poses for longer periods of time to allow the body to rest. All skill levels welcome.
Fusion- A dynamic unity of pilates and yoga designed to challenge, strengthen and stabilize your core and increase vitality.
Stretch & Relax- Join a soothing atmosphere devoted to releasing tight muscles as well as focusing on relaxing through breathing. Together we will find relaxation of your mind and body.
Yoga- A basic foundation and peaceful approach to improve strength and flexibility.

SENIOR CLASSES

Gentle Fit- A gentle paced alternative to our Senior Fit classes for those older adults that are just starting out or coming back to fitness. It will include simple aerobic activity followed by strength, range of motion, balance work, and stretching. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis, or adapting to chronic disorders.
Rejuvenate- A full-body strength, balance, & coordination class for those that generally have full range of motion but cannot comfortably get to the floor. Three rounds of exercises working strength, balance, coordination, gait and cardio intervals.
Senior Fit- Celebrate movement in a fun and supportive environment that is designed to increase strength, vitality and connection with others. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis or adapting to chronic disorders.