FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN

PHONE: (765) 472-1979

VISIT WWW.MCYMCA.ORG FOR UPDATES & CANCELLATIONS

Group Exercise Schedule

August 3rd – August 30th 2025

Monday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-10:00	Bodyworks	B
10-00-11:00	Yoga	A
10:15-11:00	SilverSneakers Classic	B
PM Classes		
5:00-6:00	Pilates	B
5:30-6:15	Dance Fitness	A
6:30-7:15	Cardio Sculpt	B

Wednesday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-10:00	Bodyworks	B
10:00-11:00	Yoga	A
10:15-11:00	SilverSneakers Classic	B
PM Classes		
5:00-6:00	Pilates	B
6:30-7:15	Pumped Up Strength	B

Friday

Time	Class	Location
AM Classes		
5:30-6:15	Group Cycling	A
9:00-10:00	Pilates	B

Tuesday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	B
9:00-10:00	Step Aerobics	A
10:15-11:00	SilverSneakers Yoga	B
PM Classes		
5:00-6:00	Yoga	A
5:00-6:00	Line Dance	B
6:00-6:30	Advanced Line Dance	B
6:15-7:00	Zumba Toning	A
7:00-7:30	Tabata Strength	B

Thursday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	B
10:00-11:00	Beginner Line Dance	A
10:15-11:00	SilverSneakers Yoga	B
11:15-12:15	Line Dance	A
PM Classes		
5:00-6:00	Line Dance	B
5:30-6:15	Dance Fitness	A
6:00-6:30	Advanced Line Dance	B
6:30-7:30	UPLIFT	A

Saturday

Time	Class	Location
AM Classes		
9:00-10:00	Barre	B
9:00-10:00	Beginner Line Dance	A
10:15-11:15	Line Dance	B

Location Key

A – Group Exercise Studio A
B – Group Exercise Studio B

NEW CLASS ALERT
Come try UPLIFT with Christy!
Thursdays from 6:30 pm to 7:30 pm
-a FUN and effective strength training program, using bands, weights, and a ball, all set to iconic music!!!

****Important Note****

No Dance Fitness August 4th

No Line Dance Classes
August 5th, 7th, 9th, & 26th

No Yoga Classes
August 25th – 29th

*Schedule Updated 07/31/2025

Check out the YMCA Group Exercise Schedule and more online at MCYMCA.ORG

Group Exercise Class Descriptions

Barre - mixes Pilates, dance, yoga, and functional training elements to sculpt, slim, and stretch the entire body.

Bodyworks - is a workout for your whole body! The first half of class is a cardio workout, which includes a mix of kickboxing, dance, or jogging, and the second half of the class is dedicated to toning using hand weights, resistance bands, stability balls, rings, and Pilates.

Cardio Sculpt - is a fun, calorie-blasting fitness class that combines aerobic exercise with muscle sculpting exercises utilizing hand weights.

Dance Fitness - allows you to dance your heart out to popular songs while getting an aerobic workout.

Group Cycling - builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. These classes are taught on stationary bikes but simulate outdoor riding, including sprinting, hill climbing, and other techniques.

Line Dance -is a step-by-step instruction of dances done in unison and then set to music. Taught in the tradition of country western line dance but using a variety of music genres. It is the perfect exercise for working on coordination and balance and for increasing brain memory. Beginner classes will be available every few months to catch everyone back up to speed for regular classes, while advanced classes will be available for those who come to class regularly and are looking for a little extra.

Pilates - is a class that will lead you through a series of nonimpact exercises to develop strength, flexibility, balance, and inner awareness. Emphasis is put on developing a strong core and control of the body.

Pumped Up Strength - dynamically integrates your upper and lower body for a workout that combines strength and cardio, revs your metabolism, and trains your body in a whole new way! If you enjoy lifting weights, then this class is for you!

RIP- is a class with pre-choreographed routines that are challenging and effective for all fitness levels. It utilizes different weights, and your instructor will lead and motivate you through a full-body workout focusing on different muscle groups.

SilverSneakers Classic - is a low-impact class that leads you through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated exercises and standing support.

SilverSneakers Yoga - is a low-impact class that leads you through a complete series of seated and standing yoga poses. Chair support is offered so you can perform various seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Step Aerobics - is a moderate-impact class that involves stepping up and down on an adjustable height platform. Developed by Gin Mille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (the platform is 4”, and each riser adds 2”) and the amount of arm movements.

Tabata Strength - involves short bursts of intense exercise followed by brief rest periods. Each class will offer a series of challenging moves that target different muscle groups. Get ready to push yourself to the max during each 20-second work interval, knowing that a 10-second recovery period will soon follow. Options will be offered for all fitness levels.

UPLIFT - Strength training has never been so much fun and engaging. We use iconic music from decades past, and we combine it with routines that target all the muscle groups. Uplift uses a variety of equipment, including hand weights, bands, and a mini ball. A highly effective workout that provides measurable results.

Yoga focuses on breath control, meditation, and deep stretching to improve overall health and relaxation.

Zumba® with Toning - Combines the fun of a normal Zumba® class and adds total body strength training throughout the class by incorporating hand weights.