



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

MIAMI COUNTY YMCA, PERU IN  
 PHONE: (765) 472-1979  
 VISIT [WWW.MCYMCA.ORG](http://WWW.MCYMCA.ORG) FOR  
 UPDATES & CANCELLATIONS

# Group Exercise Schedule

## MARCH 1<sup>st</sup> – MARCH 28<sup>th</sup> 2026

### Monday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-10:00	Bodyworks	B
9:00-10:00	Yoga	A
10:15-11:00	SilverSneakers Classic	B

### PM Classes

5:00-6:00	Pilates	B
5:30-6:15	Dance Fitness	A
6:15-7:00	Strength & Sculpt	B

### Tuesday

Time	Class	Location
<b>AM Classes</b>		
5:15-6:00	RIP	B
5:30-6:15	Low Impact Dance Fitness	A
9:00-9:45	Group Cycling	A
9:00-10:00	Step Aerobics	B
10:15-11:00	SilverSneakers Yoga	B

### PM Classes

*5:00-6:00	Intermediate Line Dance	B
5:30-6:00	Core and More	A
*6:15-7:00	BEGINNER Line Dance	B
6:15-6:45	Tabata Strength	A

### Wednesday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-10:00	Bodyworks	B
9:00-10:00	Yoga	A
10:15-11:00	SilverSneakers Classic	B

### PM Classes

5:00-6:00	Pilates	B
6:15-7:15	Pumped Up Strength	B

### Thursday

Time	Class	Location
<b>AM Classes</b>		
5:15-6:00	RIP	B
5:30-6:15	Low Impact Dance Fitness	A
9:00-9:45	Group Cycling	A
10:00-11:00	BEGINNER Line Dance	A
10:15-11:00	SilverSneakers Yoga	B
11:15-12:15	Intermediate Line Dance	A

### PM Classes

5:00-6:00	Intermediate Line Dance	B
5:30-6:15	Dance Fitness	A
6:30-7:00	POUND	A

### Friday

Time	Class	Location
<b>AM Classes</b>		
5:30-6:15	Group Cycling	A
9:00-10:00	Pilates	B
10:15-11:00	Low Impact Dance Fitness	A

### PM Classes

5:30-6:30	UPLIFT	B
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### Saturday

Time	Class	Location
<b>AM Classes</b>		
9:00-10:00	Barre	B
9:15-10:15	BEGINNER Line Dance	A
10:30-11:30	Intermediate Line Dance	B

#### Location Key

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

\*Schedule Updated 02/27/2026

\*NO Intermediate or Beginner Line Dance on Tuesday March 3<sup>rd</sup>\*

Check out our AQUA Group Exercise Schedule @ [mcyymca.org](http://mcyymca.org)

## Group Exercise Class Descriptions

**Barre** combines elements of Pilates, dance, yoga, and functional training 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.

**Core & More:** is a strength-based workout targeting your abs, back, and hips, plus bonus moves for arms and legs. Improve balance, posture, and overall strength in one efficient workout. All levels welcome!

**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.

**Low Impact Dance Fitness** allows you to dance your heart out to popular songs while getting an aerobic workout that is a gentle way to get exercise benefits without placing too much stress on muscles, tendons, and joints.

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

**POUND®** – uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**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 that focuses on various muscle groups.

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

**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.