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

NOVEMBER 1ST – NOVEMBER 28TH , 2026

Monday

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

Wednesday

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

Friday

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

Tuesday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	B
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
5:15-6:00	Yoga	A
7:15-7:45	Tabata Strength	A
6:15-7:00	BEGINNER Line Dance	B

Location Key
A – Group Exercise Studio A
B – Group Exercise Studio B

***Schedule Updated 11/01/2026**

Thursday

Time	Class	Location
AM Classes		
5:15-6:00	RIP	B
9:00-9:45	Group Cycling	A
10:00-11:00	BEGINNER Line Dance	B
10:15-11:00	SilverSneakers Yoga	A
11:15-12:15	Intermediate Line Dance	B
PM Classes		
5:00-6:00	Intermediate Line Dance	B
6:00-6:30	Advanced Line Dance	B
5:30-6:15	Dance Fitness	A
6:30-7:15	Pumped Up Strength	A

POP-UP CLASS:
A fun, rotating class featuring something different each week! Check Facebook Sunday evening to see what Monday's class will be.

MONDAY NOV. 23RD WILL BE A SPECIAL TURKEY BURN DEMO!
MORE INFO TO COME!

Saturday

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

Thanksgiving Break
There will be NO Group Exercise Classes beginning Wednesday evening, November 25th, through Friday, November 27th.
Good news! Classes WILL resume on Saturday, November 28th!

NOVEMBER SPECIAL – GIVE BACK & GET MOVING!
Throughout November, non-members can enjoy a FREE Group Exercise Class at the YMCA by donating a canned good or non-perishable food item!

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.

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.

Pop-Up Class: A fun, rotating class featuring something different each week! Check Facebook Sunday evening to see what Monday's class will be. Class styles and instructors may vary.

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.

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 GinMille, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the heightof 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.

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