



February 2026 GROUP EXERCISE SCHEDULE

MON	8:30 AM	Stronger	Lauren R	Gym
	8:30 AM	Step	Lauren C	LGE
	9:30 AM	Cycle	Dana	Gym
	9:30 AM	Barre	Lauren C	LGE
	10:30 AM	Deep Stretch	Lauren C	LGE
	11:30 AM	Cardio Strength Lite	Mary C	LGE
TUE	6:00 AM	Bootcamp	Dawn	LGE
	8:30 AM	Yoga Mixed Levels	Becca	LGE
	8:30 AM	Cardio Kickboxing	Lauren C	Gym
	8:30 AM	Cycle	Ken	Cycle Studio
	9:30 AM	Group Power	Heather	LGE
	9:30 AM	Glutes and Abs	Lauren R	LGE
	10:45 AM	Cardio Strength	Katie	LGE
	5:30 PM	Stretch and Flow	Michele	LGE
WED	8:30 AM	Cardio Strength	Kellie	Gym
	8:30 AM	Barre	Lauren C.	LGE
	9:30 AM	Core Strength	Mary	LGE
	9:30 AM	Cycle	Lauren C.	Gym
	10:30 AM	Deep Stretch	Becca	LGE
	11:30 AM	Cardio Strength Lite	Mary	LGE
	5:30 PM	Mixed Level Yoga	Stacy	LGE
THUR	6:00 AM	Bootcamp	Dawn	LGE
	8:30 AM	Power Circuit	Lauren R.	Gym
	8:30 AM	Cycle	Ken	Cycle Studio
	8:30 AM	Power Flow	Lauren C.	LGE
	9:30 AM	Group Power	Heather	LGE
	10:45 AM	Cardio Strength Lite	Katie	LGE
FRI	8:30 AM	Stronger	Lauren/Kellie	Gym
	8:30 AM	Cardio Dance	Krista	LGE
	9:30 AM	Cycle	Lauren R	Gym
SAT	8:30 AM	Stronger	Lauren C	LGE
	9:30 AM	Deep Stretch	Becca/Dawn	LGE

ANNOUNCEMENTS

Camp Registration begins:

February 13

Check out all our evening classes:

Tues/Wed

5:30 pm

Tuesday—Stretch and Flow

Wednesday—Vinyasa Yoga

Don't sleep on Morning Bootcamp

Tues/Thurs

6:00 am

Sign up today:

Kids Night Out

February 13th

5 pm-9 pm

Kids Morning Out

February 16th &17th

ages 2-5 y.o

9am-1:00pm



At the YMCA, we pride ourselves on building a stronger community in our group exercise program. Our class composition consist of: 45-60 minutes of recommended instruction time based off class style, social support and group interaction. Our certified instructors take an intentional approach to build lasting relationships that enhance the overall group family experience at the YMCA. We welcome ALL to join our class community!

Sally's YMCA 1601 Forney Creek Pkwy Denver NC 28037

www.ymcavc.org

Questions or Comments contact Katie Smouter at Katies@ymcavc.org