



JANUARY 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	Power Flow*	Stacey	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	Cycle Studio
SAT	8:30 AM	Stronger	Lauren C	LGE
	9:30 AM	Deep Stretch	Becca/Dawn	LGE

ANNOUNCEMENTS

NEW CLASS ALERT

Saturday
Deep Stretch
9:30 –10:15 am

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

Join us for our Kids Night Out
January 9th
5 pm–9 pm
Sign up today!



Available on the
App Store



ANDROID APP ON
Google Play

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.ymcacv.org