

# Nishna Valley Family YMCA

## Group Exercise & Adult Pick-Up Sport Schedule

Effective January 1st, 2026

**GROUP EXERCISE PHILOSOPHY:** All of our classes can be modified to fit all abilities and fitness levels. All you have to do is let us know. Youth ages 3rd grade and older may attend group exercise classes with a parent or guardian.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cardio Cycling</b> 5:45am - 6:45am Jon		<b>Cardio Cycling</b> 5:45am - 6:45am Jon		<b>Cardio Cycling</b> 5:45am - 6:45am Jon
<b>Pick-Up Pickleball</b> 7:00am - 9:00am	<b>Pick-Up Pickleball</b> 7:00am - 9:00am	<b>Pick-Up Pickleball</b> 7:00am-9:00am	<b>Pick-Up Pickleball</b> 7:00am - 9:00am	<b>Pick-Up Pickleball</b> 7:00am - 9:00am
<b>Aqua Fusion</b> 8:15am - 9:00am Allison/Kiki	<b>Cardiac Rehab</b> 8:00 - 10:30 am Kiki	<b>Aqua Fusion</b> 8:15am - 9:00am April	<b>Cardiac Rehab</b> 8:00 - 10:30 am Kiki	<b>Aqua Dance</b> 8:15am - 9:00am Allison/Kiki
<b>Total Body Conditioning</b> 8:30am - 9:15am Kim	<b>Yoga Fit</b> 8:00 - 8:45 am Kelly	<b>Total Body Conditioning</b> 8:30am - 9:15am Kim	<b>Yoga Fit</b> 8:00 - 8:45 am Kelly	<b>Total Body Conditioning</b> 8:30 - 9:15am Kim
	<b>Strong Foundations</b> 9:00 - 9:45 am Kelly		<b>Strong Foundations</b> 9:00 - 9:45 am Kelly	
<b>Silver Sneakers</b> 10:00am-10:45am	<b>Water Arthritis</b> 9:30am-10:15am Allison	<b>Silver Sneakers</b> 10:00am-10:45am	<b>Water Arthritis</b> 9:30am-10:15am Allison	<b>Silver Sneakers</b> 10:00am-10:45am
<b>Chair Yoga</b> 11:00am-11:45am Kiki		<b>Chair Yoga</b> 11:00am-11:45am Kiki		<b>Chair Yoga</b> 11:00am-11:45am Kiki
<b>Pick-Up Basketball</b> 12:00pm - 1:00pm		<b>Pick-Up Basketball</b> 12:00pm - 1:00pm		<b>Pick-Up Basketball</b> 12:00pm - 1:00pm
<b>Pick-Up Pickleball</b> 1:00am - 3:00 pm	<b>Pick-Up Pickleball</b> 1:00pm - 3:00pm		<b>Pick-Up Pickleball</b> 1:00pm - 3:00pm	<b>Pick-Up Pickleball</b> 1:00am - 3:00 pm
<b>Cycle Circuit</b> 4:30-5:15pm Katie			<b>Cycle Circuit</b> 4:30-5:15pm Katie	
<b>Total Body Conditioning</b> 5:30pm - 6:15pm Angela	<b>Queenax Functional Fit</b> 5:30 - 6:00pm Deb	<b>Total Body Conditioning</b> 5:30pm - 6:15pm Angela	<b>Queenax Functional Fit</b> 5:30-6:00pm Deb	
<b>Pick-Up Pickleball</b> 6:00 - 8:00 pm			<b>Pick-Up Pickleball</b> 6:00 - 8:00 pm	

## Saturday

**Tai Chi**  
12:00 - 1:00 pm  
Hector