



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