

Find your Y

Personal Training

If you are interested in personal training sessions, please see the Membership Services Desk.

SCHEDULE MAY VARY Rev. June 25

Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
6:00 AM	Cross Training, Pilates and Strength 6:00 – 7:00 AM	Cross Training and Cardio 6:00 – 7:00 AM	Cross Training, Pilates and Strength 6:00 – 7:00 AM	Yoga and Tabata 6:00 – 7:00 AM	
7:45 AM	Abs 7:45 – 8:00 AM Yoga 8:00 – 9:00 AM <i>*Alternate Location See Notes Below</i>	Stability Yoga Ball 8:15 – 9:15 AM	Abs 7:45 – 8:00 Yoga 8:00 – 9:00 AM <i>*Alternate Location See Notes Below</i>	Stability Yoga Ball 8:15 – 9:15 AM	
9:00 AM	Easy Does It 9:15 – 10:15 AM	Just Dance 9:15 – 10:15 AM	Easy Does It 9:15 – 10:15 AM	Just Dance 9:15 – 10:15 AM	Pilates 9:30 – 10:30 AM
10:00 AM		Classic Yoga 10:00 – 11:00 AM		Classic Yoga 10:00 – 11:00 AM	
11:00 AM		Sit and Be Fit 11:00 – 12:00 PM		Sit and Be Fit 11:00 – 12:00 PM	
5:30 PM	Bootcamp 5:30 – 6:30 PM	Oula 5:30 – 6:30 PM	Bootcamp 5:30 – 6:30 PM	Oula 5:30 – 6:30 PM	

With Laurie | With Kinnidi | With Jackie PH 406.490.7759 | With Jori | With Colleen B

*Monday and Wednesday's 7:45 AM and 8:00 AM classes are taught in an alternate location during the summer. They are held in the United Veteran's Memorial Pavilion at Stodden Park (3103 S Utah). If there is inclement weather, they will be held at the YMCA. If you have questions, call Jackie.

All fitness classes are included with your monthly membership rate. No sign ups are required. Classes are held in the fitness studio.

YMCA Hours

Mon – Fri: 5:00 AM – 9:00 PM
Saturday: 8:00 AM – 5:30 PM
Sunday: 12:00 PM – 5:30 PM



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FOR HEALTHY LIVING
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