Missoula Family YMCA

# Sunrise Studio Schedule

October 2026

## Download our Y app for the most up-to-date schedules!

Class types, dates, and times are subject to change or cancelation.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Morning Classes** | | | | | | | |
| 6:00 a.m. | | | Sunrise Yoga 6:00–7:00 a.m. Allison | | Sunrise Yoga 6:00–7:00 a.m. Allison | BARRE 6:00–7:00 a.m. Missy | |
| 7:00 a.m. | | | | | | Power Flow 7:15–8:00 a.m. Kelly | |
| 8:00 a.m. | | Strength & Core 8:15–9:15 a.m. Meighan | Power Sculpt 8:15–9:15 a.m. Kelly | Strength & Core 8:15–9:15 a.m. Kelly | Functional Fit 8:15–9:15 a.m. Kelly | Strength & Core 8:15–9:15 a.m. Meighan | |
| 9:00 a.m. | Power Vinyasa Yoga 9:30–10:30 a.m. Rotation | Zumba® 9:30–10:30 a.m. Megan/Kellie | SHiNE Dance Fitness 9:30–10:30 a.m. Lizzie | Zumba® 9:30–10:30am Megan B | Oula 9:30–10:30 a.m. Danessa | Cardio Sculpt 9:30–10:30 a.m. Sarah | UPLIFT™ Strength 9:00–10:00 p.m. Rotation |
| 10:00 a.m. | SHiNE Dance Fitness 10:45–11:45 p.m. Sara | Power Yoga 10:45–11:45am Kendal | | Power Yoga 10:45–11:45 a.m. Becky | | Power Yoga 10:45–11:45 a.m. Karina | Zumba® 10:10–11:05 a.m. Megan B/Marie |
| 11:00 a.m. | | | | | | | Oula® 11:10–12:10 p.m. Rotation |
| **Afternoon/Evening Classes** | | | | | | | |
| 12:00 p.m. | | UPLIFT™ Strength 12:00–1:00 p.m. Lizzie | Barre Fusion 12:00–1:00 p.m. Kamra | | Barre Strength 12:00–1:00 p.m. Kamra | Oula 12:10–12:55 p.m. Jen C | |
| 1:00 p.m. | | Silver Sneakers Classic 1:30–2:30 p.m. Logann | Stretch & Mobility 1:30–2:30 p.m. Jorge | Silver Sneakers Classic 1:30–2:30 p.m. Logann | Stretch & Mobility 1:30–2:30 p.m. LeShawn | Qigong 1:30–2:30 p.m. Jorge | |
| 2:00 p.m. | | | | | | | |
| 3:00 p.m. | | | | | | | |
| 4:00 p.m. | Restorative Yoga 4:00–5:00 p.m. Youngee | UPLIFT 4:30–5:30 p.m. Laurel | Oula® 4:30–5:25pm Rotation | UPLIFT™ 4:30–5:30pm Lizzie | UPLIFT™ 4:30–5:20pm Cassie | UPLIFT™ 4:30–5:30pm Lizzie | |
| 5:00 p.m. | | Oula® 5:45–6:40pm Jan | Zumba® 5:30–6:30pm Laurel/Megan B | SHiNE™ 5:40–6:40pm Lizzie | Oula® 5:25–6:30pm Cassie | SHiNE™ 5:40–6:40pm Lizzie | |
| 6:00 p.m. | | | | | | | |
| | | | | | | | |

**Hours:** Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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**Barre –** Fun and energetic, Barre incorporates an upper-body workout with weights and a combination of high-intensity core and lower body exerecises at the barre.

**Barre Fusion –** A low-impact, high-intensity workout blending ballet, functional strength and athletic movement. This full-body workout using light to medium weights, body weight, resistance bands, balls, and more will enhance your muscle tone, posture, flexibility.

**Barre Strength –** Where strength meets rhythm! This fast-paced, low-impact, high energy class blends the precision of Pilates, the grace of ballet, and the burn of targeted barre work. Using dumbbells, resistance bands, small exercise ball, and the barre, you'll move to upbeat, energizing music as you sculpt and strengthen your entire body.

**BODYCOMBAT™** – A high-energy martial arts-inspired workout (non-contact). Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

**BODYPUMP™** – The original barbell workout to music that will work all major muscle groups in just 55 minutes! This full body workout will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

**Cardio Sculpt –** Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength and stretching.

**Functional Fit –** A completely equipment-free full-body workout focused on functional movements that condition muscular strength, body balance and flexibility.

**Oula® –** Inspiring and super-fun dance workout! Oula incorporates fun, easy-to-follow choreography, set to current music, and encourages selfexpression and freedom of movement.

**SHiNE Dance Fitness™ –** Get ready to sweat, smile, and shine! SHiNE Dance Fitness™ pairs easy-to-follow moves with upbeat music you know and love. With clear verbal and visual cues from your instructor, you'll feel confident jumping in – no dance experience needed. Come dance it out and feel amazing!

**Silver Sneakers Classic–** Move through exercises designed to increase muscular strength, range of motion and activities for daily living. Weights, tubing and a SilverSneakers ball are offered for resistance.

**Silver Sneakers Strength–** Boost overall fitness with alternating muscle-conditioning blocks and activity-specific drills. Intermediate to advanced intervals using weights will improve cardiovascular health, strength and functional skill.

**Strength & Core –** A combination of strength training and core work, this class emphasizes head-to-toe muscular strength and flexibility.

**Stretch & Mobility –** Mind-muscle connection practice incorporating relaxation techniques using functional movement and dynamic stretching for greater mobility and range of motion. Addressing posture and proper form to become stronger, more flexible and pain-free.

**UPLIFT™** – UPLIFT Strength Fitness™ is so fun, you might forget you're working out. Using dumbbells, resistance bands, mini exercise balls, and a mat, this full-body strength class features moves set to the music to build endurance, confidence, and serious muscle. Your instructor will guide you with clear cues and hype energy so you feel strong and successful every time.

**Restorative Yoga** – A nourishing and revitalizing class for students of all levels and experience. It's is the perfect way to wake up the mind and body-so you can start a new week fresh!

**Sunrise Yoga** – Start your day off right! Early morning yoga combines Sun Salutations with challenging strength and flexibility poses.

**Power Yoga** – Focus on basic yoga postures, alignment principles, and breathing techniques that help balance, strengthen, and stretch the body. Recommended for those wishing to strengthen the foundation of their practice, or who simply want an ongoing practice in harmony with their level of strength, balance, and flexibility.

**Power Vinyasa Yoga** – This dynamic, all-levels Power Vinyasa Yoga class is designed to be accessible and welcoming to students of all ages and levels of experience. Rooted in mindful, functional movement, the class blends breath awareness, meditation, and energizing flow to build strength, mobility, and presence.

**Yoga Flow** – Find your flow and build strength in this dynamic yoga class. Link breath to movement as you transition through a creative sequence designed to awaken the body and calm the mind.

**Yoga Sculpt** – A creative blend of Yoga flows, Pilates balance conditioning, and strength exercises using light weights.

**Zumba®** – Mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

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# Sunset Studio Schedule

October 2026

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Class types, dates, and times are subject to change or cancelation.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Morning Classes** | | | | | | | |
| **6:00a.m.** | | BODYPUMP 5:30–6:30 a.m. Sarah | | BODYPUMP 5:30–6:30 a.m. Sarah | | | |
| **7:00 a.m.** | | | | | | | |
| **8:00 a.m.** | | PiYo 8:15–9:15 a.m. Megan K | Hatha Yoga 8:00–9:00 a.m. Bridget | | Hatha Yoga 8:00–9:00 a.m. Bridget | Oula 8:00–8:50 a.m. Cassie | BODYPUMP 8:00–9:00 a.m. Rotation |
| **9:00 a.m.** | | | Grit-n-Gainz 9:30–10:30 a.m. Kamra | Qigong 9:00–10:00 a.m. Youngee | Grit-n-Gainz 9:30–10:30 a.m. Kamra | AB Lab 9:00–9:30a.m. LeShawn | BODYCOMBAT 9: 10–10: 10 a.m. Katherine |
| **10:00 a.m.** | | Strength & Cardio for All 10:30–11:30 a.m. Jane | | Strength & Cardio for All 10:30–11:30 a.m. Jane | | | |
| **11:00 a.m.** | | | | | | | |
| **Afternoon/Evening Classes** | | | | | | | |
| **12:00 p.m.** | | BODYPUMP 12:00–1:00 p.m. Megan B | | BodyBlast 12:00–12:45 p.m. LeShawn | | BODYPUMP 12:00–1:00 p.m. Liv | |
| **1:00 p.m.** | | | | | | | |
| **4:00 p.m.** | | Yoga Sculpt 4:15–5:10pm Kate B | | BODYCOMBAT 4 30–5:30 p.m. Katherine | | | |
| **5:00 p.m.** | | AB Lab 5:30–6:00 p.m. Rotation | | BODY Strength 5 30–6: 30 p.m. Jan/D'Et | Zumba® 5:30–6:30pm Laurel/Megan B | | |
| **6:00 p.m.** | | | BODYPUMP 6:30–7:30 p.m. Liv | | BODYPUMP 6:30–7:30 p.m. Megan B | | |
| **7:00 p.m** | | | | | | | |

**Hours:** Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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# Sunset Studio Schedule

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**Ab Lab** -Ready to forge a powerful, rock-solid core? This intense 30-minute class challenges every muscle from your hips to your shoulders. Each session builds a functional core that not only looks strong but also improves your balance, and posture.

**BodyBlast** -Tired of the same old workouts? Join our dynamic H.I.I.T class and challenge your body and mind. This 45minute class engages your total body with intense strength, cardio, and plyometric movements in a circuit bootcamp style format.

**BodyStrength** – Body Strength is a bodyweight- only strength, mobility, and conditioning class that is perfect for all fitness levels. With a variety of tracks that work all major muscle groups, this class is challenging, rewarding, and fun!

**BODYCOMBAT™** – A high-energy martial arts-inspired workout (non-contact). Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

**BODYPUMP™** – The original barbell workout to music that will work all major muscle groups in just 55 minutes! This full body workout will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

**Grit-n-Gainz** – Push your limits in this high-energy, full-body strength circuit designed for those who are already comfortable with strength training and ready for a challenge. Rotate through stations using kettlebells, dumbbells, resistance bands, TRX, plyo boxes.

**Hatha Yoga** – Traditional form of holistic yoga that focuses on balancing the bodies energies with physical postures and breathing; to boost physical, mental, and spiritual well being.

**PiYo** – A high-energy, low-impact fitness class that blends elements of Pilates, yoga, and sports stretch to build strength, flexibility, and core control, all while keeping your heart rate up and increasing cardiovascular conditioning .

**Teen Tenacity** – Join our high energy class designed for 6th, 7th, & 8th graders that will help you improve total body performance. We're not about reps and sets-we're about building strength, boosting confidence, and having a blast. Come Join Us!

**Strength & Cardio For All**– Designed as a lower impact workout that includes cardio, strength, balance, and agility. Offering a supportive and fun environment to help keep you moving and building strength.

**UPLIFT™** – UPLIFT Strength Fitness™ is so fun, you might forget you're working out. Using dumbbells, resistance bands, mini exercise balls, and a mat, this full-body strength class features moves set to the music to build endurance, confidence, and serious muscle. Your instructor will guide you with clear cues and hype energy so you feel strong and successful every time.

**Qigong** – Qigong (pronounced "chee-gong") is an ancient Chinese mind-body practice that combines gentle, flowing movements, deep rhythmic breathing, and meditation. Qigong aims to cultivate and balance the body's vital life force, to promote health and well-being, reduce stress and anxiety, enhance circulation, and boost the immune system. Contributing to longevity and a higher quality of life.

**Yoga Sculpt** – A creative blend of Yoga flows, Pilates balance conditioning, and strength exercises using light weights.

**Zumba®** – Mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**Hours:** Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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# Missoula Family YMCA
# Aqua Schedule
## October 2026

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Class types, dates, and times are subject to change or cancelation.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| Morning Classes | | | | | | | |
| 6:00a.m. | | | | | | | |
| 7:00 a.m. | | Water Aerobics 7:30–8:30 a.m. Sarah | Aqua HIIT 7:30–8:30 a.m. Julie | Aqua Intervals 7:30–8:30 a.m. Nora | Aqua HIIT 7:30–8:30 a.m. Logann | Aqua Aerobics HIIT 7:30–8:30 a.m. Logann | |
| 8:00 a.m. | | | | | | | |
| 9:00 a.m. | | | | | | | |
| 10:00 a.m. | | | | | | | |
| 11:00 a.m. | | Aqua Intervals 11:05–12:00 p.m. Logann | | Water Aerobics 11:05–12:00 p.m. Anny | | Water Aerobics 11:05–12:00 p.m. Judy | |
| Afternoon/Evening Classes | | | | | | | |
| 12:00 p.m. | | | | | | | |
| 1:00 p.m. | | | | | | | |
| 4:00 p.m. | | | | | | | |
| 5:00 p.m. | | | | | | | |
| 6:00 p.m. | | | | | | | |
| 7:00 p.m | | | | | | | |

**Aqua Aerobics HIIT** – a specialized Tabata format, transitions into the water with high-powered results. Minimal choreography, maximal results. This class gives you an intense workout without the high impact on your muscles and joints.

**Aqua HIIT** – Enjoy the power of movement in the water! This class is a combination of cardio and strength training intervals from moderate to high intensity using upbeat music and some equipment. Class takes place in the shallow end.

**Aqua Intervals** – Come ready to work! This class incorporates timed intervals of varied intensity with recovery periods. Segments of cardio, strength, core, power, agility and balance will help you meet your fitness goals! This class takes place in either the shallow end (denoted with (S) or the deep end (denoted with (D) with minimal equipment.

**Water Aerobics** – Come enjoy an up-tempo shallow water workout that offers multiple intensity options to challenge your strength, core, endurance, and flexibility! This session is designed to let you tailor the challenge to the needs of your body.

**Hours:** Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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# Missoula Family YMCA
# Cycling Schedule
## October 2026

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Class types, dates, and times are subject to change or cancelation.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Morning Classes** | | | | | | | |
| **6:00a.m.** | | | RPM<br>5:30–6:15 a.m.<br>Catie | | RPM<br>5:30–6:15 a.m.<br>Carrie | | |
| **7:00 a.m.** | | | | | | | |
| **8:00 a.m.** | | | | | | | RPM<br>8:15–9:00 a.m.<br>Alyssa |
| **9:00 a.m.** | | Cycle & Core<br>9:30–10:15 a.m.<br>Megan K | | Cycle Freestyle<br>9:30–10:15 a.m.<br>Meighan | | RPM<br>9:30–10:15 a.m.<br>Rotation | |
| **11:00 a.m.** | | | | | | | |
| **Afternoon/Evening Classes** | | | | | | | |
| **12:00 p.m.** | | | Cycle HIIT<br>12:00–12:30 p.m.<br>Keri | | Cycle HIIT<br>12:00–12:30 p.m.<br>Keri | | |
| **1:00 p.m.** | | | | | | | |
| **4:00 p.m.** | | | | | | | |
| **5:00 p.m.** | | | RPM<br>5:30–6:15 p.m.<br>Kelsie | | | | |
| **6:00 p.m.** | | RPM<br>6:00–6:45 p.m.<br>Rotation | | Vybe Ryde<br>6:00–6:45 p.m.<br>Ashley | | | |
| **7:00 p.m** | | | | | | | |

**Cycle Freestyle** – This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.

**Cycle HIIT** – An intense 30-minute ride.

**Cycle & Core** – A 45-minute ride followed by 15 minutes of intense core work.

**RPM** – The indoor cycling workout where you control the intensity. Ride to the rhythm of powerful music while your instructor leads you through climbs, flats, and sprints. You control resistance levels and speed to build your fitness level over time.

**Vybe Ryde** – This class challenges your body, and frees your mind. Climbs, sprints, choreography with weights set to unique beats and rhythms create class that is a vybe. This 45-minute ryde is an experience.

**Hours:** Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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