



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greater Holyoke YMCA

Group Fitness Schedule

Effective January 3, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
5:35AM			Y Cycle Mary B. - FS				
6:15AM	HIIT & Sculpt Lindsey G	Boot Camp Mary Kate G	Total Fitness Lindsey G	Boot Camp Mary Kate G	Strength & Stretch Lindsey G		
	Y Cycle Mary B. - FS						
9:00AM						Y Cycle Ben - FS	
9:15AM	AOA Jess G	Power Sculpt Jess G	AOA Mary Kate G	Power Sculpt Mary Kate G	AOA Mary Kate G		
10:15AM	30 Minute Blast Jess WC		30 Minute Blast Jess WC		30 Minute Blast Jess WC	Yoga Katie FS	Y Cycle Ben FS
12:15PM			Chair Yoga Maggie- G				
Evening							
5:00PM					# Functional Fitness Rick -WC		
5:30PM		Y Cycle Cheryl - FS					
5:45PM	Circuit Blast Brent- G		Circuit Blast Brent G				
	# Yoga Maggie - FS						
6:30PM			Yoga Lise FS				
6:40PM		Zumba® Yenitza - FS					
7:00PM			# Functional Fitness Rick - WC				

Location: FS = Fitness Studio G = Gym WC = Wellness Center **New Class or Time** # = 1 hour class

HYBRID (In-Person & Virtual)

In-Person Only

GROUP FITNESS

- Classes are for active Holyoke Y members
- Refer to "Schedules" on www.holyokeymca.org for class description and additional information.
- **Registration Required for Y Cycle and Virtual classes** – see online registration below.
- Group Fitness Class are 45 minutes unless class duration is listed on schedule
- For updates and information regarding group exercise email our Community Health & Wellness Director, Mary Kate Owens, at mowens@holyokymca.org

ONLINE REGISTRATION

- Visit www.holyokeymca.org
- Click on "Schedules"
- Find the class you want to register for and click on "sign up"
- You will have to create a login account
- Once you create that account follow prompts to register for the class
- When registration complete, you will receive a confirmation email with class reservation or link.

Y Cycle Class Sign-up

- All Y-Cycle sign-ups will start **24 hours** before class begins.
- The first 14 members to register online or call will have a bike reserved. We will take 2 wait list members per class. If you are not at class by the start time, your bike will be re-assigned to a member on the wait list.
- If you reserve a bike, but cannot come to class, please call.
- If you are on the wait list – it is your choice as to whether you come and try to get a bike.
- Class will be canceled if less than **4 members sign-up**, registered members will receive an email notification through our reservation system.

What You Need

- Arrive 5 minutes prior to the start time to get your bike and make any necessary adjustments.
- A water bottle and small sports towel is a must!
- Bike shorts are recommended for comfort.
- No loose or baggy pants, for safety reasons. If you wear long pants, they must be tight fitting at the bottom.