GROUP FITNESS SCHEDULE

Fall 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lift Rx 5:05-6am	HIIT Strength 5:05-6am	Lift Rx 5:05-6am	HIIT Strength 5:05-6am	Lift Rx 5:05-6am	Restorative Yoga 7:30-8:30am
Active & Ageless 6:15-7am	Cycle & Strength 6-7am	Active & Ageless 6:15-7am	Cycle & Strength 6-7am	Active & Ageless + Walking 6-7am	Cycle & Strength 9-10am
Aqua Fit 8-8:55am	Bodypump® 8-8:45am	Aqua Fit 8-8:55am	Bodypump® 8-8:45am	Aqua Fit 8-8:55am	Water Up! 10-10:55am
Line Dance 8:45-9am SilverSneakers® Classic 9-10am	Fit 4 Life 8:45- 9:45am	Line Dance 8:45-9am SilverSneakers® Classic 9-10am	Fit 4 Life 8:45- 9:45am	Line Dance 8:45-9am SilverSneakers® Classic 9-10am	Bodypump® 10:15-11:15am
SilverSneakers® Splash 9-9:55am	Water Up! 9-9:55am	SilverSneakers® Splash 9-9:55am	Water Up! 9-9:55am	SilverSneakers® Splash 9-9:55am	
Vinyasa Yoga 9-10am		Vinyasa Yoga 9-10am	Flow Yoga 9-10am	Vinyasa Yoga 9-10am	
STRONG Nation® 9-10am	Fuel Dance 9:05-10:05am	STRONG Nation® 9-10am	Fuel Dance 9:05-10:05am	Zumba® 9-10am	
BodypumpHeavy® 11-12pm	Bodypump® 11-12pm	Bodypump® 11-12pm	Bodypump® 11-12pm	BodypumpHeavy® 11-12pm	
Group Cycling 12:15-12:55pm		Group Cycling 12:15-12:55pm	Cycle Beats 12:15-12:55pm	Group Cycling 12:15-12:55pm	
Power Yoga 4:30-5:30pm	Barre Sculpt 4:30-5:20pm		Barre Sculpt 4:30-5:20pm		
Bodypump® 5:30-6:15pm	Zumba + Lift™ 5:30-6:20pm	Bodypump® 5:30-6:15pm	Zumba + Lift™ 5:30-6:30pm	BodypumpHeavy® 5:30-6:15pm	Jane Wold Group Fitness Studio
	Restorative Yoga 6-7pm		Restorative Yoga 6-7pm		Orr Family Studio
Aqua Fit 6-6:55pm	Aqua Fit 6-6:55pm	Aqua Fit 6-6:55pm	Aqua Fit 6-6:55pm		Bill Daniels Field House
Zumba® 6:30-7:30pm	Fusion Fit 6:30-7:15pm	Zumba® 6:30-7:30pm		Zumba® 6:30-7:30pm (1st Friday of the month only)	Kelley Fndn Fitness Zone
	POUND® 7:30-8:15pm		POUND® 7:30-8:15pm		McMurry Fndn/ Wold Fndn Pools

No Place Like *This Place*™

ACTIVE OLDER ADULTS

Active and Ageless: Classes offer a variety and a balanced focus between the importance of cardio and strengthening with overall body conditioning for all fitness levels.
Fridays: Outdoor walking group 1st part of class; dress for weather conditions. In the studio for the 2nd half of class.

Fit 4 Life: Exercises designed to increase muscular strength, range of movement, balance and activities for daily living using hand weights, resistance bands & balls. A chair is used for seated exercises and standing support. This class can be adapted depending on fitness level and is suitable for beginning to intermediate levels.

SilverSneakers® Classic: Low-impact class with emphasis on cardio and strength for overall functionality utilizing strategic chair exercises. Great class for those just starting a fitness routine, recovering from surgery, and golden agers.

CARDIO

Cycle Beats: High energy cycle class set to hits spanning the decades. Whether you're just starting out or a seasoned spinner, this class is for you!

Cycle and Strength: Cycle & strength provides intense cardiovascular training on the bike, plus off the bike resistance work, to create a stronger, more balanced body.

Group Cycling: All fitness levels are welcome to cycle on a stationary, indoor bike for a low-impact, high aerobic workout. The intensity varies between bouts of high cardio sprints, muscle burning hill climbs, and short spurts of active recovery. Class may include a small segment of strength and conditioning.

HIIT Strength: HIIT will push you to new training heights with this cardio based class. The group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience.

DANCE

Fuel Dance: A combination of invigorating dance and high-rep strength training. Set to a playlist that incorporates a variety of music genres including hip-hop, country, pop, international & more. Dance your way to fitness in this FUN class.

Zumba® is a fusion of Latin and International music/dance themes that create a dynamic, exciting workout that should be "FUN AND EASY TO DO!" The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba + Lift™: The perfect fusion of high-energy dance and strength training using 5-15lb weights to build lean muscle set to an energizing playlist.

MIND & BODY

Flow Yoga: The class begins slowly, moving mindfully with each breath. Each posture flows seamlessly into the next, creating a continuous, breath-led sequence that builds heat, strength and calm. Perfect for finding your rhythm and presence on the mat.

Power Vinyasa: Explore the postures and principles of Vinyasa yoga in an invigorating full-body flow. Set to music and designed to work every muscle while focusing on breath control for an all-encompassing workout.

Restorative Yoga: Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Vinyasa Yoga: Flowing postures string together using breath to move seamlessly from one to another. Vinyasa classes offer a variety of postures; no two classes are ever alike.

STRENGTH

Barre Sculpt: This low impact workout combines the attributes of Pilates, yoga & dance using repetitive, isolated movements to fatigue the muscles, improve balance & increase flexibility using weights, resistance bands & other props.

Bodypump®: Les Mills original full-body workout that will burn calories, shape & tone, strengthen core and improve bone health.

BodypumpHeavy®: Newest addition to our strength lineup with heavier weights, a slower pace and more recovery time!

Fusion Fit: Get fit by fusing elements of Barre, Pilates, yoga and strength training in an energizing session set to an upbeat playlist.

Lift Rx: This power class is designed for optimal success. Each class begins with a warm-up, focus section targeting arms/legs, and a cooldown to give you a full workout in a short amount of time.

POUND®: This workout is a full body concert for your body & you are the drummer. Pilates inspired moves, squats, lunges, cardio & intense core engagement are on the playlist, all while holding lightly weighted Ripstix® & drumming to high energy music.

STRONG Nation®: STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Every squat, lunge & burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

WATER FITNESS (suitable for any fitness level)

Aqua Fit: This low impact class is held in shallow water & is designed to improve joint stability, mobility, heart health & strength. Elements of cardio, HIIT, resistance, strength & conditioning will be added on alternating days.

SilverSneakers® Splash:
Deep water exercises that focus on improving strength, balance, and flexibility with low impact on the joints.

Water Up: Enjoy the low impact benefits that aquatic exercise can offer to anyone in the deep and shallow ends. Elevate your heart rate to fun music and achieve personal goals such as: toning practically every muscle in the body, weight loss, and even relaxation!

Child Watch
M-F 8am-7pm*
Sat 8-12:30pm
*Last child accepted 30 minutes before close

- $35 monthly add-on fee to Household membership
- Ages 6 weeks- 9 years
- Drop-in care while caregiver is in the facility

Group Fitness classes are included with membership
Schedule is subject to change without notice
Reserve your spot online or in the YMCA of Natrona County app (up to 48 hours in advance) & receive notification of cancellation
www.casperYMCA.org