Grand Lake Family YMCA

Group Fitness Schedule

Effective October 1, 2026

UPSTAIRS

	MON	TUES	WED	THURS	FRI	SAT
8:30am-9:20am		Cardio & Strength Mash Up		Cardio & Strength Mash Up		
9:00am-9:50am	Tabata Time		Body Sculpt		Cardio/ Strength/ Step	
9:30am-10:20am						Yoga
10:00am–10:50am		Yoga		Yoga	Body Sculpt	
5:00pm-5:50pm		Dance Cardio				
5:30pm-6:20pm	Yoga		Yoga			
6:30-7:20pm	Body Sculpt					

GYMNASIUM

	MON	TUES	WED	THURS	FRI	SAT
8:00am-8:50am	Boom on the Move		Boom on the move		Boom on the Move	
9:00am-9:50am		SilverSneakers Yoga		SilverSneakers Yoga		
9:30am-10:20am	Silver Sneakers Classic		Silver Sneakers Classic		Silver Sneakers Classic	
10:00am-10:50am		SilverSneakers Yoga		SilverSneakers Yoga		
11:00am-11:50am		Tai Chi		Tai Chi		
12:30pm-1:20pm		Parkinson´s Fighting Back				
2:00pm-3:00pm				**Parkinson´s Support Group 2nd Thursday of each month		
3:00pm-4:00pm				**Parkinson´s PWR!Moves & LOUD Crowd		

****Parkinson´s Support Group** Contact Candy Brasel by text 281-704-6640 for more information

Body Sculpt – Cindy Grover
Strength training class using a barbell with light to moderate weights with a lot of repetition, Body Sculpt will give you a total body workout.

Boom on the Move – Debbie Creekmore
Fun dance-based class following the Zumba Gold format. The class improves cardio fitness with easy-to-follow moves and energizing music. Last 20 minutes the emphasizes is on strength and flexibility.

Cardio & Strength Mash Up – Debbie Creekmore
Circuit format class with a combination of cardio, strength, and flexibility. Can be adjusted to all fitness levels.

Cardio/Strength/Step – Becky Rutter
Combination of cardio and strength training incorporated with step aerobics. Step aerobics has all the benefits of high-intensity cardio workout without putting stress on your joints.

Dance Cardio – Lorie Ramey
Fun, High Energy, Full Body Workout. No experience required. Can be adjusted to all fitness levels.

Parkinson's Fighting Back – Rosetta Fahrlander
More than just a class – it's a movement. Build physical strength and mental toughness as you fight through every challenge. Grounded in faith and fueled by hope, this class will empower you to break limits and transform from the inside out.

SilverSneakers® Classic – Debbie Creekmore
Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. A chair is used for seated and/or standing support

SilverSneakers® Yoga – Jackie Kirby
The class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of movement.

Tabata Time – Rosetta Fahrlander
High intensity, low impact cardio class which is suitable for everyone as you will work at your own level of intensity, many of the exercises will be using your own body weight but additional tools, such as bands, balls and weights may be used.

Tai Chi – Kirsten Mustain
Gentle class based on the martial art of Tai Chi. It consists of ten Tai Chi "forms", precited slowly to music, in addition to other gentle stretches and movements designed to enhance balance, mobility, strength, and flexibility. Chairs are used for warm up and cooldown, and may also be used throughout the class for students with less mobility.

Yoga – Kirsten Mustain
The class is based on Iyengar style yoga, with emphasis on alignment, building core, leg and arm strength. It is not a "flow" class. It is suitable for anyone who is able to get on the floor and stand up again with relative ease. All levels are welcome and modifications are offered if student is unable to do the "finished" form of the poses.