



# FITNESS SCHEDULE AS OF MAY 2022

Schedule subject to change. All fitness classes are available virtually at [cheyenneymca.org/virtual-ymca](http://cheyenneymca.org/virtual-ymca)

CHEYENNE FAMILY YMCA

Mon-Thu: 5am-8pm / Fri: 5am-7pm  
Sat: 7am-5pm / Closed on Sundays

MON	TUE	WED	THU	FRI	SAT
<p><b>WALKAEROBICS</b> 5:45-6:30am Dana Community Room</p> <p><b>BOSU</b> 8-8:20am Donna Community Room</p> <p><b>BODY STRONG</b> 8:30-9am Donna Community Room</p> <p><b>SILVER SNEAKERS</b> CARDIO 9:10-9:45am Donna Community Room</p> <p><b>PILATES YOGA</b> 12:10-12:50pm Lorraine Community Room</p> <p><b>CHAIR YOGA</b> 12:15-12:55pm Maren Frontier Room</p> <p><b>YOGA</b> 5-5:50pm Christy Frontier Room</p>	<p><b>CORE &amp; MORE</b> 6:15-7am Kristi Community Room</p> <p><b>TAI CHI FOR BETTER BALANCE</b> 8:30-9am Larry Frontier Room</p> <p><b>SILVER SNEAKERS</b> 9:10-9:50am Donna Community Room</p> <p><b>LINE DANCING</b> 10-11am Fred Community Room</p> <p><b>NEUROFIT</b> 10:00-10:30am Donna Frontier Room</p> <p><b>KETTLEBELL</b> 11:05am-Noon Rhonda Community Room</p> <p><b>HIIT</b> 12:15-12:45pm Dee Community Room</p> <p><b>CIRCUIT 45</b> 5:30-6:15pm Misty Community Room</p>	<p><b>WALKAEROBICS</b> 5:45-6:30am Dana Community Room</p> <p><b>BOSU</b> 8-8:20am Donna Community Room</p> <p><b>BODY STRONG</b> 8:30-9am Donna Community Room</p> <p><b>SILVER SNEAKERS</b> CARDIO 9:10-9:45am Donna Community Room</p> <p><b>BETTER BALANCE</b> 10-10:45am Larry Community Room</p> <p><b>ZUMBA</b> 11am-Noon Ianna Community Room</p> <p><b>PILATES YOGA</b> 12:10-12:50pm Lorraine Community Room</p> <p><b>TOTAL BODY SCULPT</b> 12:15-12:55pm Maren Frontier Room</p> <p><b>YOGA</b> 5-5:45pm Christy Frontier Room</p>	<p><b>YOGA FLOW</b> 6-7am Maren Frontier Room</p> <p><b>TAI CHI FOR BETTER BALANCE</b> 8:30-9am Donna Frontier Room</p> <p><b>SILVER SNEAKERS</b> 9:10-9:50am Donna Community Room</p> <p><b>LINE DANCING</b> 10-11am Fred Community Room</p> <p><b>NEUROFIT</b> 10:00-10:30am Donna Frontier Room</p> <p><b>KETTLEBELL</b> 11:05am-Noon Rhonda Community Room</p> <p><b>HIIT</b> 12:15-12:45pm Dee Community Room</p>	<p><b>WALKAEROBICS</b> 5:45-6:30am Dana Community Room</p> <p><b>ZUMBA</b> 11am-Noon Donna Community Room</p> <p><b>CHAIR YOGA</b> Noon-1pm Christy Frontier Room</p>	<p><b>CIRCUIT 45</b> 10-10:45am Misty Community Room</p>

Classes are live-streamed for members via Zoom. Visit [cheyenneymca.org/virtual-ymca](http://cheyenneymca.org/virtual-ymca) or, you have this PDF open on your device, click on the room button below for your class a few minutes before the start time.

Live-Streamed Community Room Classes

Live-Streamed Frontier Room Classes

We believe that health and well-being should have no boundaries. That's why we are dedicated to making fitness and wellness accessible to everyone. All of our fitness classes are adaptable and open to all bodies, skill sets, and ages to ensure that all of Cheyenne is able to feel healthy, confident and resilient.