KNOX COUNTY FAMILY YMCA
Group Fitness Schedule

Effective: November 17th, 2026

▶ = Virtual Class

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP® ▶ 5:15–5:45am	BODYCOMBAT® ▶ 5:15–6:00am	BODYPUMP® ▶ 5:15–5:45am	BODYCOMBAT® ▶ 5:15–6:00am	BODYPUMP® ▶ 5:15–5:45am		
BODYPUMP® ▶ 6:00–6:45am	BODYPUMP® ▶ 6:15–6:45am	BODYPUMP® ▶ 6:00–6:45am	BODYPUMP® ▶ 6:15–6:45am	BODYPUMP® ▶ 6:00–6:45am	GRIT® Strength ▶ 8:45–9:15am	
Silver Sneakers® 8:00–8:50am Doug	Enhance®Fitness 8:00–8:50am Doug	Silver Sneakers® 8:00–8:50am Doug	Enhance®Fitness 8:00–8:50am Doug	Silver Sneakers® 8:00–8:50am Sally	BODYPUMP® Express ▶ 9:30–10:15am	
Zumba® 9:00–10:00am Susie	Yoga 9:15–10:15am Michele	Zumba® 9:00–10:00am Susie	Yoga 9:15–10:15am Roxie	BODYPUMP® 9:30–10:30am Gigi	GRIT® Strength ▶ 10:30–11:00am	
BODYCOMBAT® ▶ 10:15–11:15am	Silver Sneakers® 10:30–11:20am Sally	BODYPUMP® Express ▶ 10:15–11:00am	Silver Sneakers® 10:30–11:20am Sally			BODYPUMP® ▶ Express 10:30–11:15am
RockSteady® 12:30–2:00pm John		RockSteady® 12:30–2:00pm John		RockSteady® 12:30–2:00pm John		BODYCOMBAT® ▶ Express 11:30am–12:15pm
BODYPUMP® 5:30–6:15pm Trisha	BODYPUMP® 5:30–6:30pm Gigi	BODYBALANCE® 5:30–6:30pm Gwen	BODYCOMBAT® 5:30–6:15pm Trisha			

Red: Cardio Orange: HIIT (High Intensity Interval Training) Purple: Strength/Toning Blue: Cardio/Toning Green: Mind/Body

(Class Descriptions are on the back)



Scan the QR Code to download a copy.



Knox County Family YMCA | 1324 W Carl Sandburg Dr | Galesburg | 309-344-1324
Downtown Galesburg YMCA | 200 E Main St | Galesburg | 309-342-0420
www.knoxymca.org

GROUP FITNESS CLASS DESCRIPTIONS

Suggested variety of workouts should include a class from each discipline weekly.

Red: Cardio Orange: HIIT (High Intensity Interval Training) Purple: Strength/Toning Blue: Cardio/Toning Green: Mind/Body

Les Mills BODYCOMBAT®	You'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial arts inspired workout will motivate you to make the most of every round. Relieve stress, have a blast and feel like a champ!
Zumba®	An energizing dance fitness class featuring Latin and International music. It's exercise in disguise! You'll burn calories and have a great time doing it!
Elevate	A heart-pumping, full-body workout designed to torch calories and build lean muscle. This workout combines explosive cardio bursts with dynamic strength exercises. You'll push your limits through timed intervals, intentional recovery blocks and strength exercises.
Les Mills GRIT®	A 30-minute high-intensity interval training (HIIT) workout designed to improve strength, build lean muscle and boost athletic performance. Combining sports conditioning, barbell and weight plate exercises, and bodyweight movements, this workout challenges all major muscle groups while improving overall fitness and endurance.
Les Mills BODYPUMP®	The ideal workout for anyone looking to get lean, toned and fit- fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Leave class feeling challenged and motivated, ready to come back for more.
RockSteady®	Exercise emphasizing gross motor movement, balance, core strength and rhythm, which could favorably impact those with Parkinson's Disease, including range of motion, flexibility, posture, gait and activities of daily living.
Silver Sneakers®	Move to music through a variety of exercises using handheld weights, elastic tubing with handles and a ball. Chair is used for seated and/or standing support.
Enhance® Fitness	Upper and lower body weight exercises are alternated with non-impact aerobics combined with a standing circuit workout. A chair is offered for support, stretching and relaxation.
Les Mills BODYBALANCE®	Bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while inspiring music plays. Breathing control is part of all exercises and instructors will always provide options for all fitness levels.
Yoga	Method of learning that combines posture, breathing and focus to promote strength, flexibility, stamina, balance and deep relaxation of the mind and body.





