DOWNTOWN GALESBURG 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
▶ SPRINT® 5:15-5:45am	▶ SPRINT® 5:15-5:45am	▶ SPRINT® 5:15-5:45am	▶ SPRINT® 5:15-5:45am	▶ SPRINT® 5:15-5:45am		
SWEAT 6:00-6:30am Kiersty	▶ RPM® 6:00-6:45am	▶ RPM® 6:00-6:45am	▶ RPM® 6:00-6:45am	▶ RPM® 6:00-6:45am		
▶ GRIT® Athletic 7:00-7:30am	▶ SPRINT® 7:00-7:30am	▶ GRIT® Strength 7:00-7:30am	▶ SPRINT® 7:00-7:30am	▶ GRIT® Athletic 7:00-7:30am	SPRINT® 7:00-7:30am Michelle	▶ SPRINT® 7:00-7:30am
Step & Strength 8:50-9:50am Roxie		Step & Strength 8:50-9:50am Roxie			▶ GRIT® Strength 9:30-11:00am	▶ BODYPUMP® Express 9:30-10:00am
Pilates 10:15-11:00am Michele	Pilates 9:30-10:15am Carol	Pilates 10:15-11:00am Roxie	Pilates 9:30-10:15am Michele	▶ SPRINT® 10:15-10:45am	▶ RPM® 10:15-11:05am	▶ RPM® 10:15-11:05am
▶ SPRINT® 12:15-12:45pm	▶ RPM® 12:15-1:05pm	▶ BODYPUMP® 12:15-1:00pm	▶ BODYCOMBAT® 12:15-1:00pm	▶ RPM® 12:15-1:05pm	▶ RPM® 12:15-1:05pm	▶ RPM® 12:15-1:05pm
▶ BODYPUMP® EXPRESS 4:30-5:00pm	▶ SPRINT® 4:45-5:15pm	▶ BODYPUMP® EXRESS 4:30-5:00pm	SPRINT® 4:45-5:15pm Michelle	▶ BODYPUMP® EXPRESS 4:30-5:00pm	▶ CORE® 1:15-1:45pm	▶ CORE® 1:15-1:45pm
RPM® 5:30-6:15pm Darla	Zumba® 5:30-6:30pm Jodi	SPRINT® 5:30-6:00pm Michelle	Zumba® 5:30-6:30pm Jan	▶ SPRINT® 5:30-6:00pm		
		SWEAT 6:15-6:45pm Kiersty		▶ SPRINT® 6:15-6:45pm		

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

(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

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!
Les Mills RPM®	Using an indoor bike with great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat road riding. You repeatedly rotate the pedals to reach your cardio peak then ease back down. Lift your personal performance and boost your cardio fitness.
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!
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 Sprint®	A 30-minute workout, using an indoor bike to achieve results fast. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. This workout drives your body to burn calories for hours.
SWEAT	A 30-minute interval training session focusing on building cardiovascular fitness while improving muscular strength 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.
Pilates	A low impact exercise program designed to strengthen and tone the muscles of the abdomen, lower back and buttocks while helping improve overall flexibility, coordination, breathing awareness and postural alignment.
Step & Strength	Fun, high energy class using a height-adjustable step with movements on, over and around the platform combined with effective strength training exercises.





