

Pav YMCA Winter Session 2026 Group Exercise Schedule
01/05/2026 - 02/15/2026 (SUBJECT TO CHANGE)

PROGRAMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING PROGRAMS						
Silver Sneakers Classics (55 yrs+)		Silver Sneakers Classic 8:00am-9:00am 9:00am-10:00am Dance Studio	Water Arthritis 7:15am-8:00am Pool				
Silver Sneakers Chair Yoga (55yrs+)		Silver Sneakers Chair Yoga 9:00am-10:00am Dance Studio					
Group Exercise Classes (16yrs+)		Club Remix 8:30am-9:15am North Gym	Interval Training 8:30am-9:30am North Gym				
Water Exercise Classes		Club Remix 9:30am-10:30am Dance Studio	Boot Camp 9:30am-10:30am North Gym	Water Works 9:00am-9:45am Pool	Water Works 9:00am-9:45am Pool	Water Works 9:00am-9:45am Pool	Zumba 9:30am-10:30am Dance Studio
				Cardio Blast 9:30am-10:30am North Gym	Boot Camp 9:30am-10:30am North Gym	Interval Training 9:30am-10:30am North Gym	Cardio Blast 9:30am-10:30am North Gym
EVENING PROGRAMS							
Group Exercise Classes (16yrs+)		Strength & Tone 6:00pm-7:00pm North Gym	Strength & Tone 6:00pm-7:00pm North Gym				
Wellness House		Yoga 6:00pm-7:00pm Dance Studio	Wellness House Stretch Class 6:15pm-7:00pm Dance Studio				
		Zumba 7:00pm-8:00pm Dance Studio	Zumba 7:00pm-8:00pm Dance Studio	Yoga 7:00pm-8:00pm Dance Studio			

Schedule is subject to change. Please visit our website pavymca.org or DAXKO mobile app for further information.

**Please note: There is a 15 minute window reserved before/after each class for equipment setup/breakdown. All participants must pick up an attendance number from the front desk to enter class.*