

OCTOBER 2026

Upper Fitness Studio Schedule



MON

TUE

WED

THU

FRI

SAT

			1 10:30 AM Fit for Life 5:00 PM Body Sculpting	2 9:00 AM - 2:30 PM LifeServe Blood Drive	3 9:00 AM Zumba 10:15 AM TABATA
5 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	6 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	7 12:00 PM CENTERLINE 5:30 PM Core & More	8 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	9 12:00 PM CENTERLINE	10 9:00 AM Core & More 10:15 AM TABATA
12 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	13 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	14 12:00 PM CENTERLINE 5:30 PM Core & More	15 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	16 12:00 PM CENTERLINE	17 9:00 AM Zumba 10:15 AM TABATA
19 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	20 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	21 12:00 PM CENTERLINE 5:30 PM Core & More	22 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	23 12:00 PM CENTERLINE	24 9:00 AM Core & More 10:15 AM TABATA
26 10:30 AM Fit for Life 5:30 PM Zumba 6:30 PM Strength & Sculpt	27 10:30AM Strength & Stability 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	28 12:00 PM CENTERLINE 5:30 PM Core & More	29 10:30 AM Fit for Life 5:00 PM Body Sculpting 6:30 PM Evening Reset: Yoga	30 12:00 PM CENTERLINE	31 9:00 AM Core & More 10:15 AM TABATA

Class Cancellation Policy

- Group Exercise class cancellations will be determined by the instructor.
- Check Facebook, Instagram or call the YMCA.
- Check with the front desk about signing up for text alerts for class cancellations.

