

**A.M.Y Wellness Foundation YMCA of Mitchell County  
HEALTHY LIVING SCHEDULE - July 2026-Updated**



GROUP EXERCISE CLASS OFFERINGS AND PROGRAM DETAILS						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
↓						
7:00 AM						
7:30 AM		<b>Sunrise Yoga</b> (Belinda) - Room 109				
8:00 AM						
8:45 AM	<b>Move &amp; Tone</b> (Carolyn) - Room 109 <b>*NEW TIME</b>		<b>Move &amp; Tone</b> (Carolyn) - Room 109 <b>*NEW TIME</b>		<b>Move &amp; Tone</b> (Carolyn) - Room 109 <b>*NEW TIME</b>	
9:00 AM		<b>Refit</b> (Morgan) - Room 108	<b>Blood Pressure Self-Monitoring</b> Room 108 then Pool Seating Area	<b>Refit</b> (Morgan) - Room 108 <b>NO</b> class 7/16		<b>Refit</b> (Morgan) - Room 108 <b>NO</b> class 7/18
9:45 AM						
10:00 AM	<b>Enhance Fitness</b> Room 108 <b>*Registration Closed</b>		<b>Enhance Fitness</b> Room 108 <b>*Registration Closed</b>		<b>Enhance Fitness</b> Room 108 <b>*Registration Closed</b>	
10:30 AM		<b>Aqua Arthritis</b> - Pool <b>*Registration Closed</b>		<b>Aqua Arthritis</b> - Pool <b>*Registration Closed</b>	<b>All Levels Yoga</b> (Belinda) - Room 109	
11:00 AM	<b>Vinyasa Yoga</b> (Maria) - Room 109 <b>No class or Sub 7/13</b>		<b>Chair Yoga</b> (Nichole) Room 109		<b>Delay the Disease</b> Room 108 <b>*By Registration Only</b>	
11:30 AM		<b>Delay the Disease</b> - Room 108 <b>*By Registration Only</b>				
12:00 PM		<b>Mat Pilates</b> (Maureen) - Room 109			<b>PiYO</b> (Whitney) - Room 108 <b>No</b> Class or Sub 7/16	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			<b>Prevent T2/DPP</b> - Room 108 <b>*Registration Closed</b>			
3:30 PM						
4:00 PM		<b>Barre</b> (Dalila) - Room 108			<b>Barre</b> (Dalila) - Room 108	
4:30 PM			<b>Yoga Sculpt</b> (Maria) - Room 108 <b>No class or Sub 7/15, 7/22</b>			
5:00 PM						
5:30 PM						
6:00 PM	<b>Zumba</b> (Sarah) - Room 108 <b>No</b> Class 7/13	<b>All Levels Yoga</b> (Belinda) - Room 109			<b>Zumba</b> (Sarah) - Room 108 <b>No</b> class 7/16	
6:30 PM						

**\*\*8:45 NEW Time for Move and Tone to extend class to 1 hour. Check for possible sub for Vinyasa on 7/13, 7/20 and Yoga Sculpt 7/22**

## July 2026 Group Exercise and Healthy Living Program Descriptions - Mitchell YMCA

### Healthy Living Programs (Registration Required):

<p><b>EnhanceFitness - Next class Aug. 2026</b> - 16-week session, 3 days per week - A proven arthritis management program focused on fitness. The program focuses on cardiovascular endurance, strength, flexibility, and balance, which could help reduce the severity of arthritis symptoms in a group that is supportive and understanding. Contact Healthy Living Director, <a href="mailto:jessicat@ymcamitchell.org">jessicat@ymcamitchell.org</a> to be added to next class interest list.</p>
<p><b>Delay the Disease - Registration Open</b> 12-week session, 2 days per week - Each class coordinates movement, flexibility, strength, balance, and cardio fitness designed specifically for those with Parkinson's Disease. Contact Healthy Living Director, <a href="mailto:jessicat@ymcamitchell.org">jessicat@ymcamitchell.org</a></p>
<p><b>Blood Pressure Self-Monitoring (BPSM) - Registration Open</b>- 16-week program, with weekly office hours, includes support from trained Heart Healthy Ambassadors, monthly Nutrition Seminars, and other materials to make tracking your blood pressure easier. Contact Community Health Worker, <a href="mailto:anabelz@ymcaavery.org">anabelz@ymcaavery.org</a></p>
<p><b>Moving for Better Balance - Next Class Fall 2026</b> - 12-week session, 2 days per week. Using slow therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing. Contact Healthy Living Director, <a href="mailto:jessicat@ymcamitchell.org">jessicat@ymcamitchell.org</a> to be added to next class interest list.</p>

### Group Exercise Classes (included in membership fees, \$10 for potential-members)

<p><b>All Levels Yoga</b>- Combines mindful movement and breathing practices to support the nervous system, improve flexibility and balance, and overall well-being.</p>
<p><b>Barre</b>- A full-body workout that incorporates challenging movements, light weights, and quick transitions. It blends elements of ballet, Pilates, and strength training, often adding cardio intervals to increase intensity. Participants should expect a focus on form while using props like weights, balls, and resistance bands. Please wear non-slip/grippy socks to class.</p>
<p><b>Chair Yoga</b>- designed for anyone who wants to enjoy the benefits of yoga without getting up and down from the floor. Explore gentle movement, breath awareness, and mindfulness techniques to increase strength, flexibility, and ease in the body. No prior experience needed.</p>
<p><b>Mat Pilates</b>-Focus on relieving tension and strengthening the muscles that support backs, knees, shoulders and hips.</p>
<p><b>Mossa Group Blast</b>- athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!</p>
<p><b>Move &amp; Tone</b>- Start your mornings with this low impact cardio and strength workout. Each class has a different strength focus, including mat work, weights and steps/stability balls.</p>
<p><b>PiYO</b>- combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.</p>
<p><b>Refit</b>- a community-centered, cardio based fitness experience that combines powerful moves and positive music for a workout that'll transform you from the inside out. EveryBODY belongs at Refit.</p>
<p><b>Sunrise Yoga</b>- designed to wake up the mind and body and set a positive tone for the day. Students can expect a slow and mindful yoga breathing and movement practice intended for all levels of yoga experience.</p>
<p><b>Vinyasa</b>- Is a yoga practice composed of poses which are linked by breath, creating a flowing sequence. This is an all level class, with an aim to leave you feeling energized, yet there are plenty of pose variations offered to meet your fitness comfort.</p>
<p><b>Yoga Sculpt</b>- combines traditional yoga poses with strength training, often incorporating light weights and cardio bursts. It's a dynamic workout designed to build muscle, increase endurance, and improve flexibility, while also promoting a mindful and grounding experience.</p>
<p><b>Zumba</b>- Take the "work" out of workout, by mixing low-intensity and high-intensity moves for a calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.</p>