



YMCA OF ASHLAND

GROUPX WELLNESS

OCTOBER 2026 SCHEDULE



MONDAY

October 5, 12, 19, 26

Cycling

5:15-6:00 AM

Terrence Webb
Cycling Room

Open Pickleball

6:00 AM-3:00 PM

Basketball Court 1

Total Body Cycle

8:30-9:00 AM

Shelly Briggs
Cycling Room

Aquacise

8:30-9:15 AM

West Pool

Dance Fitness

9:05-9:45 AM

Shelly Briggs
Multi-Purpose Room

Aquacise

9:15-10:00 AM

West Pool

Zumba

5:30-6:30 PM

Erica Kieper
Multi-Purpose Room

SilverSneakers Yoga

10:00-11:00 AM

Louise Fleming
Multi-Purpose Room

TUESDAY

October 6, 13, 20, 27

Cycling

5:15-6:00 AM

Michelle McDonald
Cycling Room

Open Pickleball

6:00 AM-3:00 PM

Basketball Court 1

Weight Lifting 101

8:30-9:30 AM

Clay Funk
Fitness Room

Arthritis Class

8:30-9:15 AM

West Pool

Arthritis Class

9:15-10:00 AM

West Pool

LightBar Cycling

6:15-7:00 PM

Shelly Briggs &
Karey Tsatsanis
Cycling Room

SilverSneakers Circuit

10:00-11:00 AM

Sherry Howe
Multi-Purpose Room

WEDNESDAY

October 7, 14, 21, 28

Cycling

5:15-6:00 AM

Terrence Webb
Cycling Room

Open Pickleball

6:00 AM-3:00 PM

Basketball Court 1

Cycle Strong

8:30-9:00 AM

Shelly Briggs
Cycling Room

Aquacise

8:30-9:15 AM

West Pool

Dance Fitness

9:05-9:45 AM

Shelly Briggs
Multi-Purpose Room

Aquacise

9:15-10:00 AM

West Pool

Total Body Kickboxing

6:00-6:45 PM

Brittany Brown
Fitness Room

Aqua Zumba

6:45-7:30 PM

West Pool

SilverSneakers Boom Mind

10:00-11:00 AM

Louise Fleming
Multi-Purpose Room

THURSDAY

October 1, 8, 15, 22, 29

Cycling

5:15-6:00 AM

Michelle McDonald
Cycling Room

Pilates

6:00-7:00 AM

Multi-Purpose Room

Open Pickleball

6:00 AM-3:00 PM

Basketball Court 1

Zumba

8:30-9:30 AM

Erica Kieper
Multi-Purpose Room

Arthritis Class

8:30-9:15 AM

West Pool

Arthritis Class

9:15-10:00 AM

West Pool

Cycle Strong

9:30-10:00 AM

Jennifer Jacobsen
Cycling Room

Cardio Lifting

6:30-7:10 PM

Chris Fair
Fitness Room

SilverSneakers Classic

10:00-11:00 AM

Hannah Weibel
Multi-Purpose Room

FRIDAY

October 2, 9, 16, 23, 30

Cycling

5:15-6:00 AM

Terrence Webb
Cycling Room

Open Pickleball

6:00 AM-3:00 PM

Basketball Court 1

Strength Circuit

8:30-9:45 AM

Clay Funk
Fitness Room

Aquacise

8:30-9:15 AM

West Pool

Gentle Yoga

8:45-9:30 AM

Christy Mathatas
Multi-Purpose Room

Aquacise

9:15-10:00 AM

West Pool

SilverSneakers Classic

10:00-11:00 AM

Sherry Howe
Multi-Purpose Room

SATURDAY

October 3, 10, 17, 24, 31

Cardio Lifting

7:30-8:30 AM

Chris Fair
Fitness Room

Spin

8:30-9:15 AM

Shelly Briggs
Cycling Room

Yoga

9:00-10:00 AM

Louise Fleming
Banquet Room

Child Watch Hours

Monday-Thursday

8:30-11:00 AM

5:00-7:00 PM

Friday

8:30-11:00 AM

Saturday

8:30-10:00 AM

**MIND. BODY. SPIRIT.
KEEP GROWING!**