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!

Classes included with membership. Schedules subject to change. For the latest updates, visit our Facebook page, check our app, or call the Y.

YMCA OF ASHLAND

GROUPX WELLNESS

NOVEMBER 2026 SCHEDULE



MONDAY

Nov. 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

Total Body Cycle
8:30-9:00 AM
Shelly Briggs
Cycling Room

Aquacise
8:30-9:15 AM
9:15-10:00 AM
Cheryl Boyles
West Pool

Dance Fitness
9:05-9:45 AM
Shelly Briggs
Multi-Purpose Room

Zumba
5:30-6:30 PM
Erica Kieper
Multi-Purpose Room

Aqua Zumba
6:45-7:30 PM
Kendra Nicholas
West Pool

SilverSneakers Yoga
10:00-11:00 AM
Louise Fleming
Multi-Purpose Room

TUESDAY

Nov. 3, 10, 17, 24

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
9:15-10:00 AM
Cindy Vallery
West Pool

LightBar Cycling
6:15-7:00 PM
Shelly Briggs / Karey Tsatsanis
Cycling Room
Sub: Karey Tsatsanis
November 3 & 17

SilverSneakers Circuit
10:00-11:00 AM
Sherry Howe
Multi-Purpose Room

WEDNESDAY

Nov. 4, 11, 18, 25

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
9:15-10:00 AM
Cheryl Boyles
West Pool

Dance Fitness
9:05-9:45 AM
Shelly Briggs
Multi-Purpose Room

Total Body Kickboxing
6:00-6:45 PM
Brittany Brown
Fitness Room
Canceled Nov. 4 & 25

Aqua Zumba
6:45-7:30 PM
Kendra Nicholas
West Pool

SilverSneakers Boom Mind
10:00-11:00 AM
Louise Fleming
Multi-Purpose Room

THURSDAY

Nov. 5, 12, 19, 26

Cycling
5:15-6:00 AM
Michelle McDonald
Cycling Room

Pilates
6:00-7:00 AM
Brittany Brown
Multi-Purpose Room
Canceled Nov. 5 & 26

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
9:15-10:00 AM
Cindy Vallery
West Pool

Cycle Strong
9:30-10:00 AM
Jen Schultz
Cycling Room
Sub: Karey Tsatsanis
November 12 & 19

Cardio Lifting
6:30-7:10 PM
Chris Fair
Fitness Room

SilverSneakers Classic
10:00-11:00 AM
Hannah Weibel
Multi-Purpose Room

FRIDAY

Nov. 6, 13, 20, 27

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
9:15-10:00 AM
Cheryl Boyles
West Pool

Gentle Yoga
8:45-9:30 AM
Christy Mathatas
Multi-Purpose Room

SilverSneakers Classic
10:00-11:00 AM
Sherry Howe
Multi-Purpose Room

SATURDAY

Nov. 7, 14, 21, 28

Cardio Lifting
7:30-8:30 AM
Chris Fair
Fitness Room

Spin
8:30-9:15 AM
Shelly Briggs
Cycling Room
Sub: Karey Tsatsanis
November 21 & 28

Yoga
9:00-10:00 AM
Louise Fleming
Banquet Room

Child Watch Hours

Monday-Thursday
8:30-11:00 AM
5:00-7:30 PM

Friday
8:30-11:00 AM

Saturday
8:30-10:00 AM

MIND. BODY. SPIRIT.
KEEP GROWING!

Classes included with membership. Schedules subject to change.
For the latest updates and holiday schedule changes, visit our Facebook page, check our app, or call 419-289-0626.