

Champaign Family YMCA



*Revised as of 10/23/25

Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30a-6:20a Power, Praise, Pedal 	5:30a-6:15a Interval Max 	5:30a-6:20a Power, Praise, Pedal 	5:30a-6:15a Interval Max 	9:00a-9:55a Step and Strength 	8:00a-8:55a Turbo Spin 	1:30p-2:30p Pop, Lock & Drop it
6:30a-7:00a Pilates 	6:20a-6:35a Deep Stretch 	6:30a-7:00a Pilates 	6:20a-6:35a Deep Stretch 	9:30a-10:15a Arthritis Based Pro 	9:00a-9:55a Zumba 	
9:00a-9:55a Step and Strength 	9:00a-9:55a Turbo Spin 	9:00a-9:55a Step and Strength 	9:00a-9:55a Turbo Spin 	10:00a-11:00a HIIT Mash Up 		
9:30a-10:15a Arthritis Based Pro 	9:30a-10:30a Splashdance 	9:30a-10:15a Arthritis Based Pro 	9:30a-10:30a Splashdance 	10:00a-10:55a Pilates 		
10:00a-11:00a HIIT Mash Up 	10:00a-10:55a Balance Body Barre 	10:00a-11:00a HIIT Mash Up 	10:00a-10:55a Balance Body Barre 			
10:00a-11:00a Pilates 	10:00a-10:55a Yoga for Balance 	10:00a-10:55a Pilates 	10:00a-10:55a Yoga for Balance 			
10:00a-10:55a Zumba 	6:00p-6:55p MOVE/ TRX 	5:00p-5:55p Walk on Wednesdays 	5:00p-5:55p Kickboxing 			
	7:00p-7:55p Yoga for Relaxation 	5:00p-5:55p Splash Dance 	6:00p-6:55p MOVE/ TRX 			
		6:00p-6:45p Step and Strength 	7:00p-7:55p Yoga for Relaxation 			

Class Key

Cardio

Pool

Mind & Body

Interval & Combo

Pool

Aerobic Studio

Multipurpose Room

Facebook



Website



191 Community Dr. Urbana, Oh
43078 ☎ 937.653.9622

*schedule may change with weather

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Gymnasium Schedule



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:00a-9:00a Pickleball	11:30a-12:30p Chair Volleyball	8:00a-9:00a Pickleball	11:30a-12:30p Chair Volleyball	8:00a-9:00a Pickleball	8:00a-10:00a Y Volleyball	3:45p-8:00p Adult Pickleball
	6:00p-7:30p Y Volleyball		6:00p-7:30p Y Volleyball			

Pool Schedule

*Schedule may change with season

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00p-9:00p Flying Fish	5:00p-9:00p Flying Fish	5:00p-7:30p Flying Fish	5:00p-9:00p Flying Fish	5:00p-6:30p Flying Fish	7:30a-10:00a Flying Fish	
5:30p-6:30p Swim Lessons		5:00p-6:30p Swim Lessons	7:00p-9:00p Team Champ	4:00p-5:00p Team Champ	10:30a-12:00p Swim Lessons	
8:30p-9:30p Team Champ		7:30p-9:00p Team Champ				

Reminder:

There are lanes available during these practice times.
Please call the Welcome Center to reserve lanes
The Family Swim area does not require reservations

Schedule Key

- ☐ Youth Basketball
- ☐ Cardio
- ☐ Active Older Adult
- ☐ Pool