

LINCOLN AREA YMCA
GROUP FITNESS SCHEDULE- FALL 2026

MONDAY

1:30 PM YMCA AQUATICS AT THE LMH THERAPY POOL

2:15 PM YMCA AQUATICS AT THE LMH THERAPY POOL

WEDNESDAY

1:30 PM YMCA AQUATICS AT THE LMH THERAPY POOL

2:15 PM YMCA AQUATICS AT THE LMH THERAPY POOL

3:00 PM YMCA AQUATICS AT THE LMH THERAPY POOL

THURSDAY

**10 AM BALANCE AND FALL PREVENTION CLASS AT
 ST. JOHN UCC**

1 PM CHAIR YOGA AT THE YOUTH ACTIVITY CENTER

YOU BELONG AT THE Y LINCOLN AREA YMCA

**BALANCE AND FALL PREVENTION- SENIOR FRIENDLY CLASS WITH FOCUS ON
BALANCE AND FALL PREVENTION (ST.
JOHN UCC)**

INSTRUCTOR: GEORGIA

**YMCA AQUATICS - SENIOR FRIENDLY CLASS IN A THERAPY POOL (LMH
THERAPY POOL)**

INSTRUCTOR: GEORGIA

CHAIR YOGA- SENIOR FRIENDLY CLASS WITH CHAIR YOGA (YAC)

INSTRUCTOR: GEORGIA