



GROUP EXERCISE SCHEDULE

GREEN FAMILY YMCA

Sept. 4th — Oct. 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Cycling IAZ Jen 5:30-6:15	Yoga MPR Lisa 5:30-6:15	Cycling Dawn 5:30-6:15	Yoga MPR Lisa 5:30-6:15		
Total Body Toning MPR Stephanie 5:30-6:15	Stretching MPR Eileen 8:30-9:15	Yin Yoga MPR Lisa 5:30-6:15	Kickboxing Cardio MPR Angie 8:30-9:15	Total Body Toning MPR Kristi/Amy 8:30-9:15	Cycling IAZ Maria 8:30-9:15
Total Body Toning MPR Shelly 8:30-9:15	Silver Sneakers Classic Gym Melissa 8:45-9:30	Total Body Toning MPR Kristi 8:30-9:15	Golden Rhythms Gym Brandye 8:45-9:30	Silver Sneakers Yoga Gym Kelly 8:30-9:15	Wildcard MPR Michelle 8:00—8:45
Silver Sneakers Yoga Gym Jill 8:30-9:15	Pilates MPR Aimee 9:30-10:15	Line Dancing Gym Brandye 8:30-9:15	Stretching MPR Melissa 9:30-10:15	Step & Sculpt MPR Amy 9:30-10:15	Pilates MPR Aimee 9:00-9:45
Cardio Variety MPR Jacqi 9:30-10:15	Tabata Gym Amy 9:45-10:30	Cardio Variety MPR Eileen 9:30-10:15	Silver Sneakers Classic Gym Kelly 9:45-10:30	Senior Cycle IAZ Ed 9:30-10:15	Zumba MPR Rosemarie 10:00-10:45
Silver Sneakers Classic Gym Jill 9:30-10:15	Fitness Walk Lobby Rosemarie 10:00-10:45	Silver Sneakers Classic Gym Brandye 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Golden Rhythms Gym Rosemarie 9:30-10:15	
Zumba® MPR Sue 10:30-11:15	Tai Chi MPR Jeff 10:30-11:15	Senior Cycle IAZ JoAnn 9:30-10:15	Vinyasa Yoga MPR Susan 1130-12:15	Zumba® MPR Rosemarie 10:30-11:15	SUNDAY
Total Body Toning MPR Sue 11:30-12:15		Toning MPR Amy 10:30-11:15		Tot Time Gym Sarah 10:30-11:00	Power Pump MPR Virginia 12:15-1:00
Tot Time GYM Sarah 10:30-11:00		Wee Tumblers Gym Denise 10:45-11:15		Stroller Fitness GYM Sarah 11:15-12:00	
Stroller Fitness GYM Sarah 11:15-12:00				Fitness Walk Lobby Rosemarie 1:00—1:45	
PM CLASSES					
Core Conditioning MPR Jessica B. 5:00-5:45	Tabata MPR Virginia 5:00-5:45	Core Conditioning MPR Jessica B. 5:00-5:45	Circuit Interval MPR Kristen 5:15-5:45	MPR= Multi-Purpose Room Gym IAZ = Interactive Zone RQC = Racquetball Court www.akronymca.org/green (330) 899-9622 ** Classes are subject to cancellation.	
Country Heat MPR Julie 6:00-6:45	Teen Yoga IAZ Christine 6:00-6:45	Insanity MPR Julie 6:00-6:45	Teen Yoga RQC Christine 6:00-6:45		
Cycling IAZ Kristi 6:00-6:45	Zumba® MPR Rosemarie 6:00-6:45	Cycling IAZ Matt 6:15-7:00	Zumba® MPR Sue 6:00-6:45		
Power Pump MPR Virginia 7:00-7:45	Wildcard Gym Kristi 6:00-6:45	Tabata MPR Virginia 7:00-7:45	Cycling IAZ Matt 6:15-7:00		
	STRONG by Zumba MPR Rosemarie 7:00-7:45		Total Body Toning MPR Jessica 7:00-7:45		
	HIIT Cycling IAZ Stephanie 7:00-7:45				