



GREEN FAMILY YMCA AM GROUP CLASS SCHEDULE

Summer
June 9th – August 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Cycling IAZ Jen 5:30-6:15	Yoga MPR Lisa 5:30-6:15	Cycling IAZ Dawn 5:30-6:15	Yoga MPR Lisa 5:30-6:15	Older Adult Water Ex. Pool DJ 8:00-9:00	Wildcard MPR Michelle 8:00-8:45
Total Body Toning MPR Stephanie 5:30-6:15	Older Adult Water Ex. Pool Tracey 8:00-9:00	Yin Yoga MPR Lisa 5:30-6:15	Older Adult Water Ex. Pool Tracey 8:00-9:00	Total Body Toning MPR Kristi 8:30-9:15	Aqua Aerobics Pool Sarah 8:00-9:00
Older Adult Water Ex. Pool DJ 8:00-9:00	Beginner Barre MPR Brandy 8:30-9:15	Older Adult Water Ex. Pool DJ 8:00-9:00	Stretching MPR Rotation 8:30-9:15	SilverSneakers Yoga Gym Kelly 8:30-9:15	Pilates MPR Aimee 9:00-9:45
Total Body Toning MPR Shelly 8:30-9:15	Yoga MPR Rosemarie 8:30-9:15	Total Body Toning MPR Kristi 8:30-9:15	Golden Rhythms Gym Brandy 8:45-9:30	Step & Sculpt MPR Amy 9:30-10:15	Zumba® MRP Rosemarie 10:00-10:30
SilverSneakers Yoga Gym Jill 8:30-9:15	SilverSneakers Classic Gym Melissa 8:45-9:30	Line Dancing Gym Brandy 8:30-9:15	Kickboxing Cardio MPR Angie 9:30-10:15	Senior Cycle IAZ Ed 9:30-10:15	STRONG by Zumba® MRP Rosemarie 10:30-11:00
Beginner Step Aerobics MPR Shelly 9:30-10:15	Pilates MPR Aimee 9:30-10:15	Cardio Variety MPR Amy 9:30-10:15	SilverSneakers Classic Gym Melissa 9:45-10:30	Golden Rhythms Gym Rosemarie 9:30-10:15	
Cardio Variety MPR Ashley 9:30-10:15	Tabata Gym Amy 9:45-10:30	SilverSneakers Classic Gym Brandy 9:30-10:15	Aqua Aerobics Pool Tracey 10:00-11:00	Zumba® MRP Rosemarie 10:30-11:15	
SilverSneakers Classic Gym Jill 9:30-10:15	Fitness Walk Lobby Rosemarie 9:45 - 10:30	Senior Cycle IAZ Ed 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Barre IAZ Amy 10:30-11:15	SUNDAY Do not open until 12pm
Senior Cycle IAZ Ed 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Barre MPR Melissa 10:30-11:15	Wee Tumblers Gym Denise 10:45-11:15	Tot Time Gym Sarah 10:30-11:00	
Zumba® MRP Sue 10:30-11:15	Aqua Aerobics Pool Tracey 10:00-11:00	Arthritis Exercise Pool DJ 11:00-12:00	Vinyasa Yoga MPR Susan 11:30-12:15	Arthritis Exercise Pool DJ 11:00-12:00pm	
Tot Time Gym Sarah 10:30-11:00				Stroller Fitness Gym Sarah 11:15-12:00	
Arthritis Exercise Pool DJ 11:00-12:00					
Stroller Fitness Gym Sarah 11:15-12:00					
Total Body Toning MPR Sue 11:30-12:15					

AQUATICS CLASSES ONLY RUN THROUGH 7/26

Gym
Pool

MPR= Multi-Purpose Room
IAZ = Interactive Zone
FC = Fitness Center

www.akronymca.org/green
(330) 899-9622

** Classes are subject to cancellation



GREEN FAMILY YMCA PM GROUP CLASS SCHEDULE

Summer
June 9th – August 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PM CLASSES					
Core Conditioning MPR Gina 5:00-5:45	Beginner Barre IAZ Ashley 6:00-6:45	Total Body Toning MPR Dawn 5:00-5:45	Lunchtime Crunchtime FC Dawn 12:00-1:00		
Aqua Aerobics Pool Sarah 5:15-6:00	Zumba® MPR Rosemarie 6:00-6:45	Aqua Aerobics Pool Sarah 5:15-6:00	Core Conditioning MPR Dawn 5:00-5:45		
Cycling IAZ Kristi 6:00-6:45	Wildcard Gym Stephanie 6:00-6:45	HIIT Circuit Interval MPR Gina 6:15-7:00	Zumba® MRP Sue 6:00-6:45		SUNDAY
	Aqua Aerobics Pool Holly 6:30-7:30	Cycling IAZ Matt 6:15-7:00	Aqua Aerobics Pool Holly 6:30-7:30		No Sunday Classes
			Cycling IAZ 6:30-7:15		
			Total Body Toning MPR Jessica 7:00-7:45		

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