



GROUP EXERCISE SCHEDULE

GREEN FAMILY YMCA

Winter I
Jan. 2nd — Feb. 20th

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	Total Body Toning MPR Kristi 8:30-9:15	Wildcard MPR Michelle 8:00—8:45
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	Silver Sneakers Yoga Gym Kelly 8:30-9:15	Pilates MPR Aimee 9:00-9:45
Barre IAZ Brandye 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	Step & Sculpt MPR Amy 9:30-10:15	Zumba MPR Rosemarie 10:00-10:45
Total Body Toning MPR Shelly 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	Senior Cycle IAZ Ed 9:30-10:15	STRONG by Zumba MPR Rosemarie 10:30-11:00
Silver Sneakers Yoga Gym Jill 8:30-9:15	Tabata Gym Amy 9:45-10:30	Cardio Variety MPR Kristi 9:30-10:15	Silver Sneakers Classic Gym Kelly 9:45-10:30	Golden Rhythms Gym Rosemarie 9:30-10:15	
Cardio Variety MPR Jacqi 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Silver Sneakers Classic Gym Brandye 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Zumba® MPR Rosemarie 10:30-11:15	
Silver Sneakers Classic Gym Jill 9:30-10:15		Senior Cycle IAZ JoAnn 9:30-10:15	Wee Tumblers Gym Denise 10:45-11:15	Barre IAZ Amy 10:30-11:15	SUNDAY
Zumba® MPR Sue 10:30-11:15		Barre MPR Melissa 10:30-11:15		Tot Time GYM Sarah 10:30-11:00 Stroller Gym Sarah 11:15-12:00	Power Pump MPR Virginia 12:15-1:00
Total Body Toning MPR Sue 11:30-12:15					
Tot Time GYM Sarah 10:30-11:00 Stroller Gym Sarah 11:15-12:00					
PM CLASSES					
Lunchtime Crunchtime FC Dawn 12:00 –1:00	Tabata MPR Virginia 5:00-5:45	Core Conditioning MPR Kristi 5:00-5:45	Lunchtime Crunchtime FC Dawn 12:00 –1:00	Cycling IAZ Jill 5:30-6:15	
Core Conditioning MPR Kristi 5:00-5:45	Zumba® MPR Rosemarie 6:00-6:45	Insanity MPR Julie 6:00-6:45	Circuit Interval MPR Heather 5:00-5:45	GYM MPR= Multi-Purpose Room IAZ = Interactive Zone FC = Fitness Center www.akronymca.org/green (330) 899-9622	
Country Heat MPR Julie 6:00-6:45	Wildcard Gym Stephanie 6:00-6:45	Cycling IAZ Matt 6:15-7:00	Zumba® MPR Sue 6:00-6:45		
Cycling IAZ Kristi 6:00-6:45	HIIT Cycling IAZ Stephanie 7:00-7:45	Circuit Interval MPR Heather 7:00-7:45	Total Body Toning MPR Jessica 7:00-7:45		
Power Pump MPR Kristi 7:00-7:45	Yoga MPR Rosemarie 7:00-7:45				

** Classes are subject to cancellation.