



GREEN FAMILY YMCA AM GROUP CLASS SCHEDULE

Break Week
Aug. 18th – Sept. 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Total Body Toning MPR Stephanie 5:30-6:15	Yoga MPR Rosemarie 8:30-9:15	Total Body Toning MPR Amy 8:30-9:15	Stretching MPR Melissa 8:30-9:15	Total Body Toning MPR Amy 8:30-9:15	Wildcard MPR Michelle 8:00-8:45
Total Body Toning MPR Shelly 8:30-9:15	SilverSneakers Classic Gym Melissa 8:45-9:30	Line Dancing Gym Brandye 8:30-9:15	Golden Rhythms Gym Brandye 8:45-9:30	SilverSneakers Yoga Gym Kelly 8:30-9:15	Pilates MPR Aimee 9:00-9:45
SilverSneakers Yoga Gym Jill 8:30-9:15	Pilates MPR Aimee 9:30-10:15	Cardio Variety MPR Amy 9:30-10:15	Kickboxing Cardio MPR Angie 9:30-10:15	Step & Sculpt MPR Amy 9:30-10:15	Zumba® MRP Rosemarie 10:00-10:30
Beginner Step Aerobics MPR Shelly 9:30-10:15	Tabata Gym Amy 9:45-10:30	SilverSneakers Classic Gym Brandye 9:30-10:15	SilverSneakers Classic Gym Kelly 9:45-10:30	Senior Cycle IAZ Ed 9:30-10:15	
Cardio Variety MPR Ashley 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	Golden Rhythms Gym Rosemarie 9:30-10:15	
SilverSneakers Classic Gym Jill 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15		Wee Tumblers Gym Denise 10:45-11:15	Zumba® MRP Rosemarie 10:30-11:15	
Senior Cycle IAZ Ed 9:30-10:15				Tot Time Gym Sarah 10:30-11:00	
Zumba® MRP Sue 10:30-11:15				Stroller Fitness Gym Sarah 11:15-12:00	SUNDAY Do not open until 12pm
Tot Time Gym Sarah 10:30-11:00					
Stroller Fitness Gym Sarah 11:15-12:00					
Total Body Toning MPR Sue 11:30-12:15					

Closed September 2nd for Labor Day

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

**Break Week
Aug. 19th – Sept. 1st**

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

Closed September 2nd for Labor Day

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