

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Fall "Drop-In" Classes
beginning September 8th

MONDAY

Total Body Toning

8:30-9:15 AM
MPR – Shelly

Silver Sneakers Yoga

9:00-9:45 AM
Gym – Jill

Beginner Step

9:30-10:15 AM
MPR – Shelly

Cycling

9:30-10:15 AM
IAZ – Ed

Silver Sneakers

Classic
10:00-10:45 AM
Gym – Jill

Cycling

5:30-6:15
IAZ – Rob

Core Conditioning

6:30-7:15 PM
MPR – Rob

TUESDAY

Stretching

8:30-9:15 AM
MPR – Rob

Silver Sneakers

Classic
9:00-9:45 AM
Gym – Melissa

Pilates

9:30-10:15 AM
MPR – Aimee

Tabata

10:00-10:45 AM
Gym – Amy

Tai Chi

10:30-11:15 AM
MPR – Jeff

Zumba

6:00-6:45 PM
MPR – Sue

Circuit Interval

7:00-7:45 PM
MPR – Ashley

WEDNESDAY

Total Body Toning

8:30-9:15 AM
MPR – Rob

Silver Sneakers

Classic
9:00-9:45 AM
Gym – Melissa

Circuit Interval

9:30-10:15 AM
MPR – Ashley

Cycling

9:30-10:00 AM
IAZ – Ed

Cycling

6:15-7:00
IAZ – Matt

HIIT Circuit Interval

6:30-7:15 PM
MPR – Gina

THURSDAY

Stretching

8:30-9:15 AM
MPR – Melissa

Silver Sneakers

Classic
9:00-9:45 AM
Amy

Kickboxing Cardio

9:30-10:15 AM
MPR – Angie

Tai Chi

10:30-11:15 AM
MPR – Jeff

Zumba

6:00-6:45 PM
MPR – Rosemarie

Cycling

6:30-7:15 PM
IAZ – Matt

FRIDAY

Total Body Toning

8:30-9:15 AM
MPR – Amy

Silver Sneakers Yoga

9:00-9:45 AM
Melissa

Step & Sculpt

9:30-10:15 AM
MPR – Amy

Cycling

9:30-10:15 AM
IAZ – Ed

Silver Sneakers

Cardio
10:00-10:45 AM
Melissa

Stretching

10:30-11:15 AM
MPR – Rob

SATURDAY

Cardio Variety

8:00-8:45 AM
MPR – Michelle

Pilates

9:00-9:45 AM
MPR – Aimee

Class cancellation will be
dependent on
participation.

Participants are
encouraged to bring their
own towels and mats if
needed for class.