

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Current Group Exercise
Classes 01/04/2021

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

Tabata

5:00-5:45 PM
MPR – Stephanie

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

Tabata

5:00-5:45 PM
MPR – Virginia

Zumba

6:00-6:45 PM
MPR – Sue

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

Yoga

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

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

Line Dancing

10:00-10:45 AM
Melissa

Cycling

9:30-10:15 AM
IAZ – Ed

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

Participants are
encouraged to bring their
own towels for class