

# GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Current Group Exercise  
Classes 09/01/2021

## 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

### Barre

6:00-7:00 PM  
MPR – Gina

### Yoga Vinyasa

7:00-7:45 PM  
MPR – Rob

## TUESDAY

### Total Body Toning

5:45-6:30 AM  
MPR – Gina

### 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

### Bootcamp

10:00-10:45 AM  
Gym – Amy

### Tai Chi

10:30-11:15 AM  
MPR – Jeff

### Tabata

5:00-5:45 PM  
MPR – Virginia

### Cycling

6:15-7:00 PM  
IAZ – Matt

### Zumba

7:00-7:45 PM  
MPR – Rosemarie

## WEDNESDAY

### Total Body Toning

8:30-9:15 AM  
MPR – Rob

### Senior Core Conditioning

9:00-9:45 AM  
Gym – Melissa

### Beats

9:30-10:15 AM  
MPR – Ashley/Amy

### Cycling

9:30-10:00 AM  
IAZ – Ed

### Line Dancing

10:00-10:45 AM  
Melissa

### Yoga Vinyasa

10:30-11:15 AM  
MPR – Rob

### HIIT

6:00-6:45 PM  
MPR – Gina

### Yoga

7:00-7:45 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 – Sue

## FRIDAY

NEW!

### Bootcamp

5:45-6:30 AM  
MPR – Gina

### 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

## SATURDAY

### Cardio Variety

8:00-8:45 AM  
MPR – Michelle

### Pilates

9:00-9:45 AM  
MPR – Aimee

### Kickboxing & Kettlebells

10:00-10:45 AM  
MPR – Sue

Participants are  
encouraged to bring their  
own towels for class

MPR – Multi-Purpose Room

IAZ – Interactive Zones

Classes are subject to  
cancel or change based on  
instructor availability.