

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Current Group Exercise
Classes 01/01/2023

MONDAY

Total Body Toning

8:30-9:15 AM
MPR – Shelly

Silver Sneakers Yoga

9:00-9:45 AM
Gym – Melissa

Beginner Step

9:30-10:15 AM
MPR – Amy

Cycling

9:30-10:15 AM
IAZ – Ed

Silver Sneakers

Classic

10:00-10:30 AM
Gym – Melissa

Nutrition Talk

11:00-11:30 AM
Gym – Melissa

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

Drumming Cardio

6:00-6:45 PM
MPR – Jen

Zumba

7:00-7:45 PM
MPR – Rose

Cycling

6:15-7:00 PM
IAZ – Matt

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

THURSDAY

Core/Stretch Fusion

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

REFIT

6:00-6:45 PM
MPR – Jen

Cycling

6:15-7:00 PM
IAZ – Gina

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

Beginner HIIT

5:30-6:15 PM
MPR – Lillian

SATURDAY / SUNDAY

Cardio Variety

8:00-8:45 AM
MPR – Michelle

Pilates

9:00-9:45 AM
MPR – Aimee

Kickboxing &

Kettlebells
10:00-10:45 AM

Power Pump

12:15-1:15 PM
MPR – Virginia

Participants are
encouraged to bring their
own towels for class

MPR – Multi-Purpose Room

IAZ – Interactive Zone

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