

GREEN FAMILY YMCA

GROUP EXERCISE SCHEDULE



Updated June 1st, 2023
This schedule is ongoing & updated as needed.

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

Tabata
5:00-5:45 PM
MPR – Stephanie

Barre
6:00-7:00 PM
MPR – Marissa

Yoga Vinyasa
7:00-7:45 PM
MPR – Jen

TUESDAY

Total Body Toning
5:45-6:30 AM
MPR – Stephanie

Yoga
8:30-9:15 AM
MPR – Deb

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

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 – Bridgette

Senior Core
Conditioning
9:00-9:45 AM
Gym – Melissa

Wildcard
Wednesday
9:30-10:15 AM
MPR – Amy

Cycling
9:30-10:00 AM
IAZ – Mark

Line Dancing
10:00-10:45 AM
Melissa

Cycling Bootcamp
10:15-11:00 AM
IAZ – Angie

Yoga
10:30-11:15 AM
MPR – Deb

THURSDAY

Core/Stretch
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

Total Body Toning
5:15-6:00 PM
MPR – Bridgette

FRIDAY

Yoga Vinyasa
6:00-6:45 AM
MPR – Jen

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 / 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
MPR – Sue

Power Pump
12:15-1:15 PM
MPR – Virginia/
Bridgette

Classes are:

- Free
- On a First come First Serve Basis
- Subject to cancel or change based on instructor availability

Red classes held in the Multi-Purpose Room (MPR)

Purple Classes held in Gym

Green Classes held in the Interactive Zone (Cycling Room)