

# GREEN FAMILY YMCA

## GROUP EXERCISE SCHEDULE



Updated April.16<sup>th</sup>, 2024  
This schedule is ongoing & updated as needed.

### MONDAY

**Total Body Toning**  
8:30-9:15 AM  
MPR – Shelly

**Silver Sneakers  
Advanced Yoga**  
9:00-9:45 AM  
Gym – Melissa

**Silver Sneakers  
Beginner Yoga**  
10:00-10:45 AM  
Gym – Jillian

**Step**  
9:30-10:15 AM  
MPR – Amy

**Cycling**  
9:30-10:15 AM  
IAZ – Ed

**Tabata**  
5:00-5:45 PM  
MPR – Stephanie

**Yoga For Mobility**  
7:00-7:45 PM  
MPR – Jen

### TUESDAY

**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

**Deep Stretch**  
11:30-12:15 PM  
MPR – Jillian

**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

**Beats**  
9:30-10:15 AM  
MPR – Amy

**Cycling**  
9:30-10:00 AM  
IAZ – Mark

**Line Dancing**  
10:00-10:45 AM  
Gym – Melissa

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

**Stretch and  
Flexibility**  
10:30-11:15 AM  
MPR – April

### THURSDAY

**Core/Stretch**  
8:30-9:15 AM  
MPR – Melissa

**Silver Sneakers  
Classic**  
9:00-9:45 AM  
Gym – Amy

**Kickboxing Cardio**  
9:30-10:15 AM  
MPR – Angie

**Tai Chi**  
10:30-11:15 AM  
MPR – Jeff

**Spin/Strength**  
6:15-7:00 PM  
IAZ – Gina

**Total Body Toning**  
5:30-6:15 PM  
MPR – Sue

### FRIDAY

**Yoga For Mobility**  
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

**Advanced Step**  
9:30-10:15 AM  
MPR – Amy

**Line Dancing**  
10:00-10:45 AM  
Melissa

**Cycling**  
9:30-10:15 AM  
IAZ – Ed

**Barre Fusion**  
6:00-6:45 PM  
MPR – Gina

### SATURDAY / SUNDAY

**Cardio Variety**  
8:00-8:45 AM  
MPR – Michelle

**Pilates**  
9:00-9:45 AM  
MPR – Aimee

**Circuit Intervals**  
10:00-10:45 AM  
MPR – Sue

**Power Pump**  
12:15-1:15 PM  
MPR – 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)