

# GREEN FAMILY YMCA

## GROUP EXERCISE SCHEDULE



Updated June 1st, 2025  
This schedule is ongoing & updated as needed.

### MONDAY

Total Body Toning  
5:30-6:15 AM  
MPR –Gina

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 & Sculpt  
9:30-10:15 AM  
MPR –Amy

Cycling  
9:30-10:15 AM  
IAZ –Ed

Stretching  
10:30-11:15 AM  
MPR- Ashley

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

Gentle Flow Yoga  
7:15-8:00 PM  
MPR –Jen

### TUESDAY

Power Pump  
7:30-8:15 AM  
MPR – Virginia

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

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

Zumba  
7:00-7:45 PM  
MPR – Rose

### 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  
10:00-10:45AM  
Gym - Melissa

Pilates Strength  
10:30-11:15 AM  
MPR – Jennifer

Circuit Interval  
6:00-6:45 PM  
MPR –Gina

All Level Yoga  
7:15-8:00 PM  
MPR -Rob

### THURSDAY

Power Pump  
7:30-8:15 AM  
MPR – Virginia

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

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

Spin Circuit  
6:15-7:00 PM  
IAZ –Rob

All Level Yoga  
7:15-8:00 PM  
MPR -Rob

### FRIDAY

Yoga for Strength  
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

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

Line Dancing  
10:00-10:45 AM  
Melissa

Barre & Stretch  
10:30-11:15 AM  
MPR- Ashley

### SATURDAY / SUNDAY

Strength Circuit  
8:00-8:45 AM  
MPR – Katrina

Pilates  
9:00-9:45 AM  
MPR – Aimee

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)