

GREEN FAMILY YMCA

GROUP EXERCISE SCHEDULE



Updated August 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 – Katrina

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
6:00-6:45 PM
MPR – Christina

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 –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

Power Pump
5:00-5:45 PM
MPR – Virginia

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

All Level Yoga
7:15-8:00 PM
MPR –Rob

THURSDAY

Flex and Flow
5:30-6:15 AM
MPR –Gina

Power Pump
7:30-8:15 AM
MPR – Katrina

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

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)