

GREEN FAMILY YMCA

GROUP EXERCISE SCHEDULE



Updated October 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

Refit

6:00-6:45 PM
MPR - Hilliary

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

Total Body Toning

5:00-5:45 PM
MPR – Bridgette

Zumba

6:00-6:45 PM
MPR – Christina

WEDNESDAY

Total Body Toning

5:30-6:15 AM
MPR –Gina

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

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

Total Body Toning

5:30-6:15 PM
MPR –Sue

FRIDAY

Yoga for Strength

5:30-6:15 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)