

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Updated March 1st, 2026
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
10:00-10:45 AM
Gym - Melissa

Pilates Fusion
10:30-11:15 AM
MPR - Jennifer

Deep Stretch +
Restore
11:30-12:15 AM
MPR - Jennifer

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

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
IAZ- 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 (Cyclina Room)