

GREEN FAMILY YMCA

GROUP EXERCISE SCHEDULE



Updated July 1st, 2026
This schedule is ongoing & updated as needed.

MONDAY

Total Body Toning

5:30-6:15 AM
MPR –Gina

Tabata

7:30-8:15 AM
MPR – Virginia

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 – 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

Train for the Tri

10:00-10:45 AM
Gym – Amy

Tai Chi

10:30-11:15 AM
MPR – Jeff

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

Cardio Dance

10:30-11:15 AM
MPR –Eve

Cardio Dance

6:00-6:45 PM
MPR –Eve

THURSDAY

Power Pump

7:30-8:15 AM
MPR – Virginia

Yoga for Flexibility

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 –Bridgette

Cardio Dance

6:30-7:15 PM
MPR –Eve

FRIDAY

Tabata

7:30-8:15 AM
MPR-Virginia

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

SATURDAY / SUNDAY

Strength Circuit

8:00-8:45 AM
MPR –
Katrina/Michelle

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)