

# GREEN FAMILY YMCA

## GROUP EXERCISE SCHEDULE



Updated September 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  
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

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

Cardio Dance  
6:00-6:45 PM  
MPR – Eve

### THURSDAY

Flex and Flow  
5:30-6:15 AM  
MPR – Gina

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

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 – Sue

Cardio Dance  
6:30-7:15 PM  
MPR – Sue

### FRIDAY

Spin and Flow  
5:30-6:15 AM  
IAZ – 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

### 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)