GREEN FAMILY YMCA

GROUP EXERCISE SCHEDULE

the YMCA

Thanksgiving Week
Monday 11/23 – Monday 11/30

MON. 11/23

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

TUES. 11/24

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

WED. 11/25

All MPR classes are canceled

Silver Sneakers Classic
9:00-9:45 AM
Gym – Melissa

Line Dancing
10:00-10:45 AM
Melissa

Cycling
9:30-10:15 AM
IAZ - Mark

THURS. 11/26

Happy Thanksgiving

All classes are canceled

FRI. 11/27

Burn Off the Bird
8:00-10:00 AM
MPR – Christina, Eve, Aimee, Ashley

SAT. 11/28

Strength Circuit
8:00-8:45 AM
MPR – Katrina

Pilates
9:00-9:45 AM
MPR – Aimee

MON. 11/30

Total Body Toning
8:30-9:15 AM
Gym – Shelly

Cycling
9:30-10:15 AM
IAZ –Ed

MPR is closed for a Fun Day

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)