



GROUP EXERCISE SCHEDULE

GREEN FAMILY YMCA

Feb 25th—April 14th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Cycling IAZ Jen 5:30-6:15	Cycling IAZ Stephanie 5:30-6:15	Cycling Dawn 5:30-6:15	Total Body Toning MPR Jen P 5:30-6:15		
Total Body Toning MPR Jen P 5:30-6:15	Stretching MPR Eileen 8:30-9:15	Total Body Toning MPR Kristi 8:30-9:15	Stretching MPR Melissa 8:30-9:15	Total Body Toning MPR Kristi/Amy 8:30-9:15	Pilates MPR Aimee 8:30-9:15
Total Body Toning MPR Nikki 8:30-9:15	Silver Sneakers Classic Gym Melissa 8:45-9:30	Line Dancing Gym Brandye 8:30-9:15	Zumba Gold Gym Malinda 8:45-9:30	Silver Sneakers Yoga Gym Kelly 8:30-9:15	Cycling IAZ Maria 8:30-9:15
Silver Sneakers Yoga Gym Jill 8:30-9:15	Pilates MPR Aimee 9:30-10:15	Cardio Variety MPR Eileen 9:30-10:15	Kickboxing Cardio MPR Angie 9:30-10:15	Step & Sculpt MPR Amy 9:30-10:15	Total Body Toning MPR Rosemarie 9:30-10:00
Cardio Variety MPR Brandye 9:30-10:15	Tabata Gym Amy 9:45-10:30	Silver Sneakers Classic Gym Brandye 9:30-10:15	Silver Sneakers Classic Gym Kelly 9:45-10:30	Senior Cycle IAZ Ed 9:30-10:15	Zumba® MPR Rosemarie 10:00-10:45
Silver Sneakers Classic Gym Jill 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Senior Cycle IAZ JoAnn 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Golden Rhythms Gym Rosemarie 9:30-10:15	
Zumba® MPR Sue 10:30-11:15		Toning MPR Shelly 10:30-11:15	Vinyasa Yoga MPR Susan 11:30-12:15	Zumba® MPR Rosemarie 10:30-11:15	SUNDAY
Total Body Toning MPR Sue 11:30-12:15		Wee Tumblers Gym Denise 10:45-11:15		Tot Time IAZ Sarah 10:30-11:00	Power Pump MPR Virginia 12:15-1:00
Tot Time IAZ Sarah 10:30-11:00		Jump Into Art MPR Mindy 12:00-12:45			
PM CLASSES					
Core Conditioning MPR Kristi 5:00-5:45	Tabata MPR Virginia 5:00-5:45	Core Conditioning MPR Kristi 5:00-5:45	Circuit Interval MPR Kristen 5:15-5:45	MPR= Multi-Purpose Room Gym IAZ = Interactive Zone www.akronymca.org/green (330) 899-9622 Classes with low attendance are subject to cancellation.	
Tabata MPR Rachel 6:00-6:45	Zumba® MPR Rose Marie 6:00-6:45	Country Heat MPR Julie 6:00-6:45	Zumba® MPR Sue 6:00-6:45		
Cycling Jessica 6:00-6:45	Wildcard Gym Kristi 6:00-6:45	Cycling Matt 6:15-7:00	Total Body Toning MPR Jessica 7:00-7:45		
Power Pump MPR Virginia 7:00-7:45	R.I.P.P.E.D. MPR Kristi 7:00-7:45	Tabata MPR Virginia 7:00-7:45	Cycling Matt 6:30-7:15		
Country Heat MPR Julie 8:00-8:45					