



# GROUP EXERCISE SCHEDULE

## GREEN FAMILY YMCA

Spring Break Week  
March 24th—April 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM CLASSES</b>					
	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		Total Body Toning MPR Kristi 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		Silver Sneakers Yoga Gym Kelly 8:30-9:15	
Silver Sneakers Yoga Gym Jill 8:30-9:15	Pilates MPR Aimee 9:30-10:15		Kickboxing Cardio MPR Angie 9:30-10:15		Total Body Toning MPR Rosemarie 9:30-10:00
Cardio Variety MPR Jacqi 9:30-10:15		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	<b>SUNDAY</b>
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	
Tot Time IAZ Sarah 10:30-11:00		Jump Into Art MPR Mindy 12:00-12:45			
<b>PM CLASSES</b>					
Core Conditioning MPR Kristi 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  <a href="http://www.akronymca.org/green">www.akronymca.org/green</a> (330) 899-9622  **Classes 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			
	R.I.P.P.E.D. MPR Kristi 7:00-7:45		Cycling Matt 6:30-7:15		
Country Heat MPR Julie 8:00-8:45					