



GROUP EXERCISE SCHEDULE

GREEN FAMILY YMCA

Jun 4th —Aug 18th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Cycling IAZ Jen 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	Yoga MPR Lisa 5:30-6:15	Yoga MPR Lisa 5:30-6:15	Stretching MPR Melissa 8:30-9:15	Total Body Toning MPR Kristi/Amy 8:30-9:15	Wildcard MPR Michelle 8:00—8:45
Total Body Toning MPR Shelly 8:30-9:15	Stretching MPR Kelsey 8:30-9:15	Total Body Toning MPR Kristi 8:30-9:15	Beginner Zumba Gym Kelsey 8:45-9:30	Silver Sneakers Yoga Gym Kelly 8:30-9:15	Pilates MPR Aimee 9:00-9:45
Silver Sneakers Yoga Gym Jill 8:30-9:15	Silver Sneakers Classic Gym Melissa 8:45-9:30	Line Dancing Gym Brandye 8:30-9:15	Kickboxing Cardio MPR Angie 9:30-10:15	Step & Sculpt MPR Amy 9:30-10:15	Zumba MPR Rosemarie 10:00-10:45
Cardio Variety MPR Jacqi 9:30-10:15	Pilates MPR Aimee 9:30-10:15	Cardio Variety MPR Eileen 9:30-10:15	Silver Sneakers Classic Gym Kelly 9:45-10:30	Senior Cycle IAZ Ed 9:30-10:15	
Silver Sneakers Classic Gym Jill 9:30-10:15	Tabata Gym Amy 9:45-10:30	Silver Sneakers Classic Gym Brandye 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	Fitness Walk Lobby Rosemarie 10:00-10:45	Senior Cycle IAZ JoAnn 9:30-10:15	Vinyasa Yoga MPR Lisa 11:30-12:15	Zumba® MPR Rosemarie 10:30-11:15	SUNDAY
Total Body Toning MPR Sue 11:30-12:15	Tai Chi MPR Jeff 10:30-11:15	Toning MPR Amy 10:30-11:15		Tot Time Gym Sarah 10:30-11:00	
Tot Time GYM Sarah 10:30-11:00		Wee Tumblers Gym Denise 10:45-11:15		Stroller Fitness GYM Sarah 11:15-12:00	
Stroller Fitness GYM Sarah 11:15-12:00				Fitness Walk Lobby Rosemarie 1:00—1:45	
PM CLASSES					
Core Conditioning MPR Kristi 5:00-5:45	Tabata MPR Stephanie 5:00-5:45	Core Conditioning MPR Kristi 5:00-5:45	Circuit Interval MPR Kristen 5:00-5:45	<p>MPR= Multi-Purpose Room Gym</p> <p>IAZ = Interactive Zone</p> <p>www.akronymca.org/green (330) 899-9622</p> <p>** Classes are subject to cancellation.</p>	
Tabata MPR Rachel 6:00-6:45	Zumba® MPR Rosemarie 6:00-6:45	Core De Force 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	STRONG by Zumba MPR Rosemarie 7:00-7:45	Zumba® Core MPR Kelsey 7:00-7:45			
Country Heat MPR Julie 8:00-8:45					