



# GROUP EXERCISE SCHEDULE GREEN FAMILY YMCA

Wellness Week  
Oct. 21st —Oct. 28th

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|
| <b>AM CLASSES</b>  |  |   |   |   |   |
| <b>Cycling</b><br>IAZ Jen<br>5:30-6:15                   | <b>Yoga</b><br>MPR Lisa<br>5:30-6:15                       | <b>Cycling</b><br>Dawn<br>5:30-6:15                         | <b>Yoga</b><br>MPR Lisa<br>5:30-6:15                      |   |   |
| <b>Total Body Toning</b><br>MPR Stephanie<br>5:30-6:15   |  | <b>Yin Yoga</b><br>MPR Lisa<br>5:30-6:15                    | <b>Kickboxing Cardio</b><br>MPR Angie<br>8:30-9:15        | <b>Total Body Toning</b><br>MPR Kristi/Amy<br>8:30-9:15   | <b>Cycling</b><br>Maria<br>8:30-9:15            |
| <b>Total Body Toning</b><br>MPR Shelly<br>8:30-9:15      | <b>Stretching</b><br>MPR Eileen<br>8:30-9:15               | <b>Total Body Toning</b><br>MPR Kristi<br>8:30-9:15         | <b>Golden Rhythms</b><br>Gym Brandye<br>8:45-9:30         | <b>Silver Sneakers Yoga</b><br>Gym Kelly<br>8:30-9:15   | <b>Wildcard</b><br>MPR Michelle<br>8:00—8:45    |
| <b>Silver Sneakers Yoga</b><br>Gym Jill<br>8:30-9:15     | <b>Silver Sneakers Classic</b><br>Gym Melissa<br>8:45-9:30 | <b>Line Dancing</b><br>Gym Brandye<br>8:30-9:15             | <b>Stretching</b><br>MPR Melissa<br>9:30-10:15            | <b>Step &amp; Sculpt</b><br>MPR Amy<br>9:30-10:15   | <b>Pilates</b><br>MPR Aimee<br>9:00-9:45        |
| <b>Cardio Variety</b><br>MPR Jacqi<br>9:30-10:15         | <b>Pilates</b><br>MPR Aimee<br>9:30-10:15                  | <b>Cardio Variety</b><br>MPR Eileen<br>9:30-10:15           | <b>Silver Sneakers Classic</b><br>Gym Kelly<br>9:45-10:30 | <b>Senior Cycle</b><br>IAZ Ed<br>9:30-10:15   | <b>Zumba</b><br>MPR Rosemarie<br>10:00-10:45    |
| <b>Silver Sneakers Classic</b><br>Gym Jill<br>9:30-10:15 | <b>Tabata</b><br>Gym Amy<br>9:45-10:30                     | <b>Silver Sneakers Classic</b><br>Gym Brandye<br>9:30-10:15 | <b>Tai Chi</b><br>MPR Jeff<br>10:30-11:15                 | <b>Golden Rhythms</b><br>Gym Rosemarie<br>9:30-10:15  |   |
| <b>Zumba®</b><br>MPR Sue<br>10:30-11:15                  | <b>Fitness Walk</b><br>Lobby Rosemarie<br>10:00-10:45      | <b>Senior Cycle</b><br>IAZ JoAnn<br>9:30-10:15              | <b>Vinyasa Yoga</b><br>MPR Susan<br>11:30-12:15           | <b>Zumba®</b><br>MPR Rosemarie<br>10:30-11:15   | <b>SUNDAY</b>                                   |
| <b>Total Body Toning</b><br>MPR Sue<br>11:30-12:15       | <b>Tai Chi</b><br>MPR Jeff<br>10:30-11:15                  | <b>Toning</b><br>MPR Amy<br>10:30-11:15                     |   | <b>Tot Time</b><br>Gym Sarah<br>10:30-11:00   | <b>Power Pump</b><br>MPR Virginia<br>12:15-1:00 |
| <b>Tot Time</b><br>GYM Sarah<br>10:30-11:00              |  | <b>Wee Tumblers</b><br>Gym Denise<br>10:45-11:15            |   | <b>Stroller Fitness</b><br>GYM Sarah<br>11:15-12:00   |   |
| <b>Stroller Fitness</b><br>GYM Sarah<br>11:15-12:00      |  |   |   | <b>Fitness Walk</b><br>Lobby Rosemarie<br>1:00—1:45   |   |
| <b>PM CLASSES</b>  |  |   |   |   |   |
| <b>Core Conditioning</b><br>MPR Jessica B.<br>5:00-5:45  | <b>Tabata</b><br>MPR Virginia<br>5:00-5:45                 | <b>Core Conditioning</b><br>MPR Jessica B.<br>5:00-5:45     | <b>Circuit Interval</b><br>MPR Kristen<br>5:15-5:45       | MPR= Multi-Purpose Room<br>Gym<br>IAZ = Interactive Zone<br>RQC = Racquetball Court<br><br><a href="http://www.akronymca.org/green">www.akronymca.org/green</a><br>(330) 899-9622<br><br><b>** Classes are subject to cancellation.</b> |   |
| <b>Country Heat</b><br>MPR Julie<br>6:00-6:45            | <b>Teen Yoga</b><br>IAZ Christine<br>6:00-6:45             | <b>Insanity</b><br>MPR Julie<br>6:00-6:45                   | <b>Teen Yoga</b><br>RQC Christine<br>6:00-6:45            |   |   |
| <b>Cycling</b><br>IAZ Kristi<br>6:00-6:45                | <b>Zumba®</b><br>MPR Rosemarie<br>6:00-6:45                | <b>Cycling</b><br>IAZ Matt<br>6:15-7:00                     | <b>Zumba®</b><br>MPR Sue<br>6:00-6:45                     |   |   |
| <b>Power Pump</b><br>MPR Virginia<br>7:00-7:45           | <b>Wildcard</b><br>Gym Kristi<br>6:00-6:45                 | <b>Tabata</b><br>MPR Virginia<br>7:00-7:45                  | <b>Cycling</b><br>IAZ Matt<br>6:15-7:00                   |   |   |
|  | <b>HIIT Cycling</b><br>IAZ Stephanie<br>7:00-7:45          |   | <b>Total Body Toning</b><br>MPR Jessica<br>7:00-7:45      |   |   |