

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Summer "Drop-In" Classes
beginning July 27th

MONDAY

STRETCHING

8:30-9:15 AM
Rob

CYCLING

9:30-10:15
Ed

SILVER SNEAKERS CLASSIC

10:15-11:00 AM
Amy

CORE CONDITIONING

6:30-7:15 PM
Rob

TUESDAY

TONING

8:30-9:15 AM
Amy

SILVER SNEAKERS CLASSIC

9:30-10:15 AM
Amy

CIRCUIT INTERVAL

6:30-7:15 PM
Ashley

WEDNESDAY

STRETCHING

8:30-9:15 AM
Rob

CYCLING

9:30-10:15
Ed

SILVER SNEAKERS CLASSIC

10:15-11:00 AM
Amy

CYCLING

6:30-7:15
Matt

THURSDAY

TONING

8:30-9:15 AM
Amy

SILVER SNEAKERS CLASSIC

9:30-10:15 AM
Amy

CIRCUIT INTERVAL

6:30-7:15 PM
Ashley

FRIDAY

STEP & SCULPT

7:30-8:15 AM
Amy

SILVER SNEAKERS YOGA

8:30-9:15AM
Melissa

STRETCHING

10:15-11:00 AM
Rob

CYCLING

6:30-7:15
Matt

SATURDAY

PILATES

9:00-9:45 AM
Aimee

All Classes will be held in
the MPR. Participants
must enter the MPR
through the fitness center
doors.

Class cancellation will be
dependent on
participation.

Participants are
encouraged to bring their
own towels and mats if
needed for class.