

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



Updated November 1st, 2024
This schedule is ongoing & updated as needed.

MONDAY

Total Body Toning
5:30-6:15 AM
MPR –Gina

Total Body Toning
8:30-9:15 AM
MPR – Shelly

**Silver Sneakers
Advanced Yoga**
9:00-9:45 AM
Gym – Melissa

**Silver Sneakers
Beginner Yoga**
10:00-10:45 AM
Gym –Jillian

Step
9:30-10:15 AM
MPR –Amy

Cycling
9:30-10:15 AM
IAZ –Ed

Tabata
5:00-5:45 PM
MPR – Stephanie

Resorative Yoga

TUESDAY

Stretching
8:30-9:15 AM
MPR – Rob

**Silver Sneakers
Classic**
9:00-9:45 AM
Gym – Melissa

Pilates
9:30-10:15 AM
MPR – Aimee

Bootcamp
10:00-10:45 AM
Gym – Amy

Tai Chi
10:30-11:15 AM
MPR – Jeff

Deep Stretch
11:30-12:15 PM
MPR – Jillian

Cycling
6:15-7:00 PM
IAZ – Matt

Zumba
7:00-7:45 PM
MPR – Rose

WEDNESDAY

Total Body Toning
8:30-9:15 AM
MPR – Bridgette

**Senior Core
Conditioning**
9:00-9:45 AM
Gym – Melissa

Beats
9:30-10:15 AM
MPR –Amy

Cycling
9:30-10:00 AM
IAZ –Mark

Line Dancing
10:00-10:45AM
Gym - Melissa

**Stretch and
Flexibility**
10:30-11:15 AM
MPR – April

Power Pump
5:00-5:45 PM
MPR –Virginia

Body Sculpt
7:00-7:45 PM
MPR –Jennifer

THURSDAY

Core/Stretch
8:30-9:15 AM
MPR – Melissa

**Silver Sneakers
Classic**
9:00-9:45 AM
Gym - Amy

Kickboxing Cardio
9:30-10:15 AM
MPR –Angie

Tai Chi
10:30-11:15 AM
MPR – Jeff

Total Body Toning
5:30-6:15 PM
MPR –Sue

Spin/Strength
6:15-7:00 PM
IAZ –Gina

Yoga
7:15-8:00 PM
MPR -Gina

FRIDAY

Yoga For Mobility
5:30-6:15 AM
MPR –Jen

Total Body Toning
8:30-9:15 AM
MPR – Amy

**Silver Sneakers
Yoga**
9:00-9:45 AM
Melissa

Advanced Step
9:30-10:15 AM
MPR – Amy

Line Dancing
10:00-10:45 AM
Melissa

Cycling
9:30-10:15 AM
IAZ - Ed

SATURDAY / SUNDAY

Cardio Variety
7:45-8:30 AM
MPR – Michelle

Pilates
9:00-9:45 AM
MPR – Aimee

Classes are:

- Free
- On a First come First Serve Basis
- Subject to cancel or change based on instructor availability

Red classes held in the Multi-Purpose Room (MPR)

Purple Classes held in Gym

Green Classes held in the Interactive Zone (Cycling Room)