

GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



**Holiday Schedule
December 23rd-December 28th**

MONDAY

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

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

Silver Sneakers
Yoga
9:30-10:15 AM
GYM –Melissa

Cycling
9:30-10:15 AM
IAZ –Ed

Cycling
5:00-5:45 PM
IAZ– Stephanie

Holiday Hustle
7:00-7:45 PM
GYM –Jennifer

TUESDAY

Pilates
9:30-10:15 AM
GYM – Aimee

Zumba
10:30-11:15 AM
GYM – Rose

Tai Chi
10:30-11:15 AM
IAZ – Jeff

CHRISTMAS
EVE
Y closes at noon

WEDNESDAY

CHRISTMAS DAY
Y closed

THURSDAY

Spin/Strength
9:30-10:15 AM
IAZ –Angie

Tai Chi
10:30-11:15 AM
GYM – Jeff

Spin/Strength
6:15-7:00 PM
IAZ –Gina

FRIDAY

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

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

Line Dancing
9:30-10:15 AM
GYM - Melissa

SATURDAY / SUNDAY

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

Pilates
9:00-9:45 AM
MPR – Aimee

Spin/Strength
9:00-9:45 AM
IAZ –Gina

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)