

# GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



**SPRING BREAK**  
Monday, March 24 – Friday, March 28

## MON 3/24

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

Silver Sneakers  
Yoga  
10:00-10:45 AM  
Gym – Melissa

Cycling  
9:30-10:15 AM  
IAZ –Ed

Stretching  
10:30-11:15 AM  
IAZ- Ashley

## TUES 3/25

Stretching  
8:30-9:15 AM  
Gym– Rob

Pilates  
9:30-10:15 AM  
Gym – Aimee

Tai Chi  
10:30-11:15 AM  
Gym – Jeff

Cycling  
6:15-7:00 PM  
IAZ – Matt

## WED 3/26

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

Senior Core  
Conditioning  
9:30-10:15 AM  
Gym – Melissa

Cycling  
9:30-10:00 AM  
IAZ –Mark

Pilates Strength  
10:30-11:15 AM  
Gym – Jennifer

## THURS 3/27

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

Spin Bootcamp  
9:30-10:15 AM  
IAZ –Angie

Tai Chi  
10:30-11:15 AM  
Gym – Jeff

## FRI 3/28

Yoga For Mobility  
6:00-6:45 AM  
IAZ –Jen

Total Body Toning  
8:30-9:15 AM  
Gym – Jennifer

Silver Sneakers  
Yoga  
9:30-10:15 AM  
Gym -Jillian

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

Line Dancing  
10:30-11:15 AM  
Gym -\_Melissa

Barre & Stretch  
10:30-11:15 AM  
IAZ- Ashley

## SAT 3/29 / 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)**