

# GREEN FAMILY YMCA GROUP EXERCISE SCHEDULE



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

## MONDAY

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

Yoga For Mobility  
7:00-7:45 PM  
MPR – Jen

## TUESDAY

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

Zumba  
7:00-7:45 PM  
MPR – Rose

Cycling  
6:15-7:00 PM  
IAZ – Matt

## 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  
10:00-10:45 AM  
Gym – Melissa

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

## 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

Spin/Strength  
6:15-7:00 PM  
IAZ – Gina

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

## FRIDAY

Yoga For Mobility  
6:00-6:45 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

Barre Fusion  
6:00-6:45 PM  
MPR – Gina

## SATURDAY / SUNDAY

Cardio Variety  
8:00-8:45 AM  
MPR – Michelle

Pilates  
9:00-9:45 AM  
MPR – Aimee

Circuit Intervals  
10:00-10:45 AM  
MPR – Sue

### 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)