



## GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE

EFFECTIVE May 1st 2017 (revised 5.2.17)

Minimum of 4 participants to hold a class. Registered classes can be held with less than 4 participants. Classes may be cancelled or changed please call for most current. Shaded classes have a fee for both members & general public. \* marked classes require registration. Please see reverse side for class descriptions. All class schedules can also be found on website: [www.mmymca.org](http://www.mmymca.org) full listing of program & small group training schedules are posted to our website. Download our Y app on your smart phone & find us on facebook.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*5:00-5:45am <b>BODYPUMP™</b> Alicen/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie Racquetball Crt #5	*4:45-5:45am <b>BODYPUMP™</b> Eric/Melissa Y-Outback	5:00-6:00am <b>BODYCOMBAT™</b> Jamie-Gymnasium	*5:00-5:45am Group Cycle Diane Racquetball Crt #5	*7:15-8:15am <b>BODYPUMP™</b> Jenni Y-Outback
6:00-6:45am FitYoga Kirsten Y-Outback	5:00-5:45am <b>BODYCOMBAT™</b> Jada-outback		6:00-6:45am FitYoga Jessie -Y-Outback		8:00-9:00am <b>STRONG by ZUMBA®</b> Off-site @ Garfield school- Jamie
7:15-8:00am Tone It Up Heidi- Y-Outback	*5:50-6:20am <b>CXWorx™</b> Diane/Mel-Y-Outback	8:15-9:00am Fast & Furious Kathy- Pool	8:15-9:00am WaterWorks (Shallow) Pam- Pool	*7:35-8:05am <b>CXWorx™</b> Diane- Y-Outback	
8:15-8:45am YWalk Mike- Gymnasium	8:15-9:00am WaterWorks (Shallow) Liz- Pool	8:15-8:45am YWalk Liz- Gymnasium	8:30-9:30am ZUMBA® Sandy- Gymnasium	*8:30-9:15am Group Cycle -Jenni Racquetball Crt #5	
8:15-9:00am WATER WARRIORS Pam- Pool	8:30-9:30am ZUMBA® Sheila- Gymnasium	8:15-9:15am Yoga Cindi-Gymnastics Rm	*8:30-9:30am <b>BODYPUMP™</b> Lori- Y-Outback	8:15-8:45am YWalk Joe-Gymnasium	*8:25-8:55am <b>CXWorx™</b> Melissa-outback
	*8:30-9:30am <b>BODYPUMP™</b> Steve- Y-Outback	8:30-9:30am 20-20-20 Jenni- Y-Outback	*8:30-9:15am Cyclelates Heidi- Crt #5	8:30-9:30am Yoga Brigitte- Gymnast. Rm	9:00-10:00am <b>BODYCOMBAT™</b> Eric-Gymnasium
*9:00-9:30am <b>CXWorx™</b> Steve- Y-Outback		9:15-10:00am Arthritis Ex.Kathy-Pool		8:15-9:00am Fast&Furious -Kathy Pool	9:15-10:15am FitYoga-rotation- Outback last Saturday of each month will be 30min yoga/30 min foam roll
9:15-10:00am Arthritis Ex.Kathy- Pool	9:40-10:10am Foam Roll Hailey-Studio 4	9:45-10:30am SeniorCircuit Gretchen-Outback	*9:40-10:10am <b>CXWorx™</b> Steve Y-Outback	8:15-9:15am Cardio Fusion Maureen- Y-Outback	
9:50-10:50am SilverSneakers® Classic Debbie-Outback	10:30-11:15am Chair Yoga Sheila-Y-Outback	10:45-11:30am Pilates Heidi- Y-Outback		9:15-10:00am Arthritis Ex. Kathy - Pool	
*12:10-12:40pm <b>BODYPUMP™</b> Diane -Y-Outback		*12:10-12:40pm <b>BODYPUMP™</b> Lori/Jenni - Y-Outback	*12:10-12:40pm <b>CXWorx™</b> Diane - Y-Outback		
	*12:10-12:40pm Group Cycle Diane-Crt #5		*4:00-5:00pm <b>BODYPUMP™</b> Alicen Y-Outback	9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	
*4:00-4:45pm <b>BODYPUMP™</b> Eric Y-Outback	4:00-5:00pm Zumba® /Toning <b>offsite</b> @ Garfield School - Jamie	4:00-5:00pm <b>BODYCOMBAT offsite</b> @ Garfield School - Jamie		*12:10-12:40pm <b>BODYPUMP™</b> Alicen -Y-Outback	<b>SUNDAY</b>
4:15-5:15pm Yoga <b>off-site @ Garfield</b> Julie-ends 5/22/17	*4:15-5:00pm Group Cycle Heidi- Crt. #5		4:15-5:15pm Yoga <b>off-site @ Garfield</b> Julie-ends 5/25/17		
5:00-5:45pm 15-15-15 Eric/Lori Y-Outback	5:30-6:30pm Barre Kirsten- Studio 4	*5:15-6:00pm Group Cycle Michell-Crt. # 5	*5:25-6:25pm <b>BODYPUMP™</b> Keith-Y-Outback		9:15-10:15am <b>BODYCOMBAT™</b> Kacey- Outback
*5:00-5:45pm Group Cycle Michell/Diane -Crt. # 5	*5:25-6:25pm <b>BODYPUMP™</b> Jenni- Y-Outback	5:15-6:15pm Zumba -Sandy- Gym	6:00-7:00pm <b>BODYCOMBAT™</b> Kevin-Gymnasium		11:00am-12:00pm Barre Ashley- Studio 4
*6:00-7:00pm <b>BODYPUMP™</b> Anne/Lori - Y-Outback		5:30-6:30pm Yoga-Julie Y-Outback	6:25-7:10pm Waterwarriors-Kathy pool		
	*6:30-7:00pm <b>CXWorx™</b> Jenni-Y-Outback	5:30-6:15pm Aquanatal- Erika pool	*6:30-7:00pm <b>CXWorx™</b> Jenni -Y-Outback		





