



GREATER MARINETTE-MENOMINEE Y Studio Fitness

Effective 7.14.25 / Revised 7.16.25

ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK. Classes may be cancelled or changed please call 906-863-9983, opt into text alerts, check our Y app, or website www.mmymca.org for most current and full listing of programs & services. Shaded classes include a fee. * marked classes require registration. Classes also open to General Public to register. Drop-ins are available for members & general public. Please see reverse side for class descriptions. Find us on facebook & instagram. Check out our LesMills Virtual Class schedule & Y360!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*5:00-5:45am BODYPUMP™ Jenni Y-Outback	*5:00-5:45am Group Cycle Melissa/Pam Cycle Studio	*5:15-5:45am CORE™ Jenni/Mel Y-Outback	*5:00-5:45am Strength Development™ Zoe Y-Outback	*5:00-5:45am Group Cycle Jessie/Zoe Cycle Studio	*6:30-7:00am LesMills SPRINT™ Jenni/Rotation Cycle Studio
7:15-8:00am Tone It Up Heidi- Y-Outback	5:00-5:45am Shapes-Jessi Outback	*6:00-6:30am GRIT™ Michell Y-Outback	*5:15-5:45am LesMills SPRINT™ Mel - Cycle Studio	*5:15-5:45am GRIT™ Melissa Y-Outback	7:00-8:00am BODYCOMBAT™ Jaime-Gym
8:15-8:45am RESET breathwork- Ashley Outback	6:00-6:45am FitYoga Jessie Y-Outback			7:45-8:15am Shapes-Heidi Y- Outback	*7:15-8:00am Strength Development™ Jenni Y-Outback
8:15-8:45am Y Walk - Rotation Gymnasium	8:15-9:00am WaterWorks (Shallow) Jim- Pool	8:15-8:45am Y Walk-Rotation Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool	8:15-8:45am Y Walk - Rotation Gymnasium	8:00-8:45am ZUMBA® Rotation Gymnasium
8:15-9:00am Water Warriors Danielle- Pool	8:30-9:30am ZUMBA® Cindy/Robin- Gymnasium	8:15-9:00am WaterWarriors Liz -Pool	*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4	8:15-9:00am WaterWarriors Rotation-Pool	
*8:20-8:50am LesMills SPRINT™ Steve - Cycle Studio	*8:30-9:30am BODYPUMP™ Steve- Y-Outback		8:30-9:30am ZUMBA® Robin/Cindy- Gymnasium		
*9:00-9:30am CORE™ Steve- Y-Outback	10:00-10:40am Chair Yoga Liz. Y-Outback		*8:30-9:15am BODYPUMP™ Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	*8:15-8:45am CORE™ Melissa-Y Outback
9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback		9:45-10:30am Pilates Heidi Y-Outback	9:45-10:30am Shapes-Jessi Y-Outback	8:30-9:30am Yoga Brigitte Y-Outback	*9:00-9:30am LesMills SPRINT™ Melissa Cycle Studio
		4:00-5:00pm BODYCOMBAT™ Jamie- Marinette Primary		9:45-10:45am SilverSneakers® Classic Debbie Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:00-5:00pm ZUMBA/ Zumba Toning® Jamie - Marinette Primary		*5:00-5:45pm Strength Development™ Steve Y-Outback		
*5:15-6:00pm BODYPUMP™ Lori - Y-Outback		5:00-6:00pm Yoga- Julie- Studio 4			SUNDAY
*6:00-6:30pm LesMills SPRINT™ Jenni - Cycle Studio	6:00-7:00pm Yoga Julie - Y-Outback				



FITNESS CLASS DESCRIPTIONS

THE GREATER MARINETTE-MENOMINEE YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

(updated 7.31.25)

LES MILLS BARRE™

A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE™ is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

LES MILLS BODYCOMBAT™

High-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

LES MILLS BODYPUMP™

Using light to moderate weights with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS CORE™

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

LES MILLS GRIT™

30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT™ Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS SPRINT™

The 30 minutes you put into a LES MILLS SPRINT™ workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

LES MILLS STRENGTH DEVELOPMENT

LES MILLS Strength Development is the first of a brand-new series of innovative workouts that meet how your members want to move today. Whether new to lifting or a seasoned pro, LES MILLS Strength Development will build muscle, improve technique, and grow member confidence so they can train more powerfully in the studio and on the gym floor.

Chair Yoga

Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting you where you are.

Reset BREATHWORK

Breathwork, the practice of conscious breathing, is a scientifically validated method for reducing stress, enhancing mental clarity, and improving overall well-being. Designed to teach you how to harness your breath to achieve profound physical and emotional benefits.

Cyclelaties	You'll start with 20-25 min of cycling followed by a transition to Pilates mat work. Strengthening your core, relieving stress, increasing cardiovascular and muscle endurance, and improving flexibility, while encompassing you as a whole through spirit, mind, and body.
FitYoga	Exploring your limits physically and mentally, working all parts of your body equally to create balance that will complement other activities of daily life. The class is offered in a peaceful, relaxed atmosphere to release stress and tension.
Group Cycling	Your instructor will bring the intensity in a 30 to 45 min class to improve cardiovascular endurance and calorie burn. Using Stages Flight a web-based data analysis with screen display, dynamic FTP testing, custom intensity rides, GPS rides, and competition modes.
Intervals	4-5 minute rounds of different step variations mixed with 1-2 minute rounds of lightweight work, and end with 10-15 min of stretching. Using different weights, steps, bands, and movements to get a full body workout.
Movement	Simple warm up with standing or sitting with weight and band work.
Pilates	Works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing while strengthening your core.
SilverSneakers	Designed for active older adults. Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support
Tone It Up	Designed to increase strength and tone it up by using weights, tubing, body weight and a step bench for a full body workout
Y Walk	30 minute total body conditioning indoor (outdoor weather permitting) walking class including inclusive steps with occasional intervals, held on a flat surface such as the gym floor.
Yoga	Any of our yoga classes will blend balance, strength, flexibility and power. Open your body using movement with breath, increase coordination, improve range of motion in your shoulders, spine, hips and legs, and create body awareness. These classes will leave you feeling refreshed on and off the mat
Zumba ®	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

WATER FITNESS

Water Warriors	This high intensity aqua class is a full body workout focusing on functional fitness. Utilizing the shallow and deep ends of the pool, you'll be challenged with speed, muscle strengthening poses, and balance. Great cross training class for those that primarily do land training
Water Works	Shallow water cardio class with a moderate intensity that may include shallow kickboxing moves along with the use of gloves, barbells, noodles, and balls. A great cardio workout and a way to condition your muscles with lower impact.