



GREATER MARINETTE-MENOMINEE Y Studio Fitness

Effective 9.16.25 / Revised 9.16.25

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 Water Works (Shallow) Jim - Pool	8:15-8:45am Y Walk-Rotation Gymnasium	8:15-9:00am Water Works (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 Water Warriors Liz - Pool	*8:30-9:15am Cyclelates Heidi - Cycle/Studio 4	8:15-9:00am Water Warriors 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	*4:45-5:30pm BODYPUMP™ Anne - Y-Outback STARTS OCT. 1ST	*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
	6:00-7:00pm Yoga Julie - Y-Outback				

