



GREATER MARINETTE-MENOMINEE Y Studio Fitness

Effective 6.1.26 / Revised 5.31.26

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