GREATER MARINETTE-MENOMINEE Y Studio Fitness

Effective 10.14.26 / Revised 10.13.26

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
***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** **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/Kandace 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		6:30-7:15am FitYoga Phoebe 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 Jim- Pool	**8:15-8:45am** Y Walk-Terri 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
9:45-10:30am **SilverSneakers®** **Classic** **LeeAnn-Y-Outback**		**9:45-10:30am** Pilates Heidi Y-Outback	**9:45-10:30am** Shapes-Jessi Y-Outback		***9:00-9:30am** **LesMills SPRINT™** Melissa Cycle Studio
***4:30pm-5:00pm** GRIT™ Nicole Y-Outback		**4:00-5:00pm** BODYCOMBAT™ Jamie- Marinette Primary		**9:45-10:30am** **SilverSneakers®** **Classic** **Rotation-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	***5:00-5:45pm** **Strength Development™** **Steve** Y-Outback		
***5:15-6:00pm** **BODYPUMP™** **Lori -** Y-Outback		***6:45-7:15pm** GRIT™ Melissa/Kandace Y-Outback			**SUNDAY**

GROUP EXERCISE/CLASS DESCRIPTIONS

Les Mills BARRE ™ is a modern version of classic ballet training to shape and tone postural muscles while building core strength. Combines cardio and strength with high reps of limited range of motion movements and light weights.

Les Mills BODYCOMBAT ™ is a high-energy, non-contact martial arts-inspired workout. Incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Punch and kick your way to fitness—no experience needed!

Les Mills BODYPUMP ™ offers a full-body workout using light to moderate weights and lots of repetition. Prepare to experience scientifically backed moves and techniques, with lots of encouragement, coaching, and great music!

Les Mills CORE ™ is a scientifically backed core workout for incredible tone and sports performance. Build strength, stability, and endurance while improving balance, assisting injury prevention, and becoming better at everything you do.

Les Mills GRIT ™ involves high-intensity interval training to improve strength, cardiovascular fitness, and build lean muscle using barbell, weight plate, and bodyweight exercises to blast all major muscle groups.

Les Mills SHAPES ™ is an invigorating blend of Pilates, barre, and power yoga set to modern beats. A low-impact but intense way to sculpt and strengthen all major muscle groups, improve alignment, and increase flexibility.

Les Mills SPRINT ™ takes place on one of our indoor exercise bikes and combines interval training through bursts of intensity at peak performance with periods of rest and recovery. The payoff? Smash your fitness goals... fast!

Les Mills STRENGH DEVELOPMENT is an innovative workout that—whether you are new to lifting or a seasoned pro—will help build muscle, improve technique, and grow confidence so you can train more powerfully in the studio and on the gym floor.

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're at. Find your center while grounding your mind and body in this gentle class.

Cyclelates begins with 20 to 25 minutes of cycling, followed by a transition to Pilates mat work. Strengthen your core, relieve stress, increase cardio and muscular endurance, and improve flexibility while expanding your mind, body, and soul.

FitYoga offers a relaxed atmosphere in which to explore your limits physically and mentally, working all parts of your body equally to create balance that will complement your daily activities.

Group Cycle offers cardiovascular endurance and calorie burn via Stages Flight, a web-based data analysis with screen display, FTP testing, custom intensity rides, GPS rides, and competition modes.

Intervals consists of 4 to 5-minute rounds of step variations mixed with 1 to 2-minute rounds of lightweight work, ending with 10 to 15 minutes of stretching. Incorporates weights, steps, bands, and movements to get a full-body workout.

Movement Class involves simple warm-ups while sitting or standing with weights and bands work.

Pilates works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing, all while strengthening the "powerhouse" or core of your body.

SilverSneakers® is great for total-body conditioning. The instructor guides you through exercises using resistance tools and at your own pace. This class improves overall strength, flexibility, posture, and balance.

Tone It Up boosts strength and tone using weights, bands, tubes, your bodyweight, and a step bench for a full-body workout.

Water Warriors is a high-intensity aqua class that delivers a full-body workout focusing on functional fitness. Utilizing both the shallow and deep ends of the pool, you'll be challenged with speed, muscle-strengthening poses, and balance.

Water Works is a shallow-water class of moderate intensity that may include kickboxing moves along with the use of gloves, barbells, noodles, and balls. A great cardio workout to condition your muscles through lower-impact exercise.

Y Walk is an indoor walking class on a wooden floor that provides total body conditioning with occasional intervals and simple steps. People of all ages and abilities are welcome!

Yoga provides you with the opportunity to open your body using movement with breath, increase coordination, concentration, and body awareness while calming your mind and reducing stress. Get ready for improved range of motion in well-loved joints.

Zumba® combines music with unique moves that are fun and easy to do while offering benefits to cardio, muscle conditioning, balance, and flexibility. Ditch the workout and join the party!