

# Marietta Family YMCA

## Group Exercise Schedule

740-373-2250

**FREE TO MEMBERS!** The classes listed are all free to Y members. Program members may purchase a Group Exercise Class Pass for \$55.00 that allows them to take unlimited classes each month. This pass expires one month from the date of purchase. \$6.00 per class drop in rate for non-members.



Monday - AM	Tuesday - AM	Wednesday - AM	Thursday - AM	Friday - AM
5:45 - 6:30 Step Missy	5:45 - 6:15 Cycling Hilles	5:45 - 6:45 Aqua Fitness Missy & Rhonda H.	5:45 - 6:15 Cycling Hilles	5:45 - 6:30 Double Step Missy
6:30 - 7:00 Yoga Rhonda H.	6:20 - 6:50 Power Up with Yoga Hilles		6:20 - 6:50 Power Core Hilles	6:30 - 7:00 Tone & Strengthen Rhonda H.
8:00 - 8:30 Awesome Abs Rhonda K.		8:00 - 8:30 Awesome Abs Rhonda K.		8:00 - 9:00 Awesome Abs/ Body Ball Rhonda K.
<b>8:00 - 9:00</b> <b>Silver Sneakers**</b>	8:30 - 10:00 Pickleball Gym	<b>8:00 - 9:00</b> <b>Silver Sneakers**</b>	8:30 - 10:00 Pickleball Gym	<b>8:00 - 9:00</b> <b>Silver Sneakers**</b>
8:30 - 9:00 Medicine Ball Rhonda K.	9:00 - 9:45 Cycling Christy	8:30 - 9:00 Xplode Rhonda K.	9:00 - 9:45 Cycling Christy	9:00 - 9:45 Cycling Roger
9:10 - 10:10 Pound Steph	9:10 - 10:10 Lean Extreme Kim	9:10 - 10:10 Boxing & Kettlebells Cat	9:10 - 10:10 HIIT Camp Amanda	9:00 - 10:45 Pickleball Gym
9:15 - 10:00 Power Gravity Candy	10:00 - 10:45 TRX Christy	9:15 - 10:00 Power Gravity Candy	10:00 - 10:45 TRX Christy	9:10 - 10:10 Dance Fitness Steph & Wendy
				9:15 - 10:00 Power Gravity Candy
10:00 - 11:00 Water Aerobics Pool		10:00 - 11:00 Water Aerobics Pool		10:00 - 11:00 Water Aerobics Pool
10:15 - 11:00 Basic Gravity Candy	<b>10:30 - 11:20</b> <b>Silver Sneakers**</b> <b>group 1</b>	10:15 - 11:00 Basic Gravity Candy	<b>10:30 - 11:20</b> <b>Silver Sneakers**</b> <b>group 1</b>	10:15 - 11:00 Basic Gravity Candy
<b>10:20 - 11:20</b> <b>Body Shop**</b>	<b>11:20 - 12:20</b> <b>Silver Sneakers**</b> <b>group 2</b>	<b>10:20 - 11:20</b> <b>Body Shop**</b>	<b>11:20 - 12:20</b> <b>Silver Sneakers**</b> <b>group 2</b>	<b>10:20 - 11:20</b> <b>Body Shop**</b>
	<b>12:20 - 1:00p</b> <b>Chair Volleyball**</b>	<b>11:30 - 12:30</b> <b>Yoga**</b>	<b>12:20 - 1:00p</b> <b>Chair Volleyball**</b>	11:30 - 12:30 Yoga Carolina
Monday - PM	Tuesday - PM	Wednesday - PM	Thursday - PM	Friday - PM
4:15 - 5:15 One Step Ahead Tiffany		4:15 - 5:15 One Step Ahead Tiffany	5:00 - 5:25 Strength Training Missy	4:15 - 5:15 One Step Ahead Tiffany
5:30 - 6:30 Power Gravity Stan	5:30 - 6:00 Beginner Step Class Missy & Rhonda	5:30 - 6:30 Power Gravity Stan	5:30 - 6:00 HIIT Bootcamp Missy	
5:30 - 6:30 Muscle Madness Hilles	6:05 - 6:35 HIIT Boot Camp Rhonda H.	5:30 - 6:30 20/20/20 Missy	6:05 - 6:40 Yoga Missy	
	6:40 - 7:15 Yoga Rhonda H.	6:30 - 8:00 Zumfusion/ TRX Wendy		
7:00 - 8:00 Deep Water Aerobics Pool		7:00 - 8:00 Deep Water Aerobics Pool		** Please check with front desk staff for sub information
Super Saturday Class 8:15 - 9:30am Format & Instructor vary week to week See posted schedule		<a href="http://www.mariettaymca.org">www.mariettaymca.org</a> Like us on Facebook: Marietta Family YMCA		effective 6/5/17