

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 - 9:00 Yoga Cat	8:00 - 8:30 Awesome Abs Rhonda K.		8:00 - 9:00 Awesome Abs/ Body Ball Rhonda K.
8:00 - 9:00 Silver Sneakers Marybeth	8:30 - 10:00 Pickleball Gym	8:00 - 9:00 Silver Sneakers Marybeth	8:30 - 10:00 Pickleball Gym	8:00 - 9:00 Silver Sneakers Marybeth
8:30 - 9:00 Medicine Ball Rhonda K.	9:05 - 9:45 Cycling Angela	8:30 - 9:00 Xplode Rhonda K.	9:05 - 9:45 Cycling Angela	9:00 - 9:45 Cycling Roger
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 Angela	9:15 - 10:00 Power Gravity Candy	10:00 - 10:45 TRX Angela	9:10 - 10:10 Dance Fitness Steph
				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		10:15 - 11:00 Basic Gravity Candy		10:15 - 11:00 Basic Gravity Candy
10:20 - 11:20 Body Shop Marybeth	11:00 - 12:00 Silver Sneakers Marybeth	10:20 - 11:20 Body Shop Marybeth	11:00 - 12:00 Silver Sneakers Marybeth	10:20 - 11:20 Body Shop Marybeth
	12:00 - 1:00p Chair Volleyball Marybeth	11:30 - 12:30 Yoga Marybeth	12:00 - 1:00p Chair Volleyball Marybeth	11:30 - 12:30 Yoga Carolina
Monday - PM	Tuesday - PM	Wednesday - PM	Thursday - PM	Friday - PM
				3:00-4:00 Zumba Liz
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 Muscle Madness Hilles	5:30 - 6:15 Outdoor/ Indoor Bootcamp Rhonda H.	5:30 - 6:30 20/20/20 Missy	5:30 - 6:00 HIIT Bootcamp Missy	
5:30 - 6:30 Cycling Ben	6:20 - 7:00 Yoga Rhonda H.	5:30 - 6:30 Cycling Ben	6:05 - 6:35 Power Gravity Missy	
5:45 - 6:45 Power Gravity Stan		5:45 - 6:45 Power Gravity Stan	6:40 - 7:10 Yoga Missy	5:45 - 6:45 Power Gravity Stan
6:30-7:30 Zumba Liz		6:30 - 8:00 Zumfusion/ TRX Wendy		
7:30 - 8:30 Deep Water Aerobics Pool		7:30 - 8:30 Deep Water Aerobics Pool		
Super Saturday Class 8:15 - 9:30am Format & Instructor vary week to week See posted schedule Saturday's Zumba with Liz 9:30-10:30		www.mariettaymca.org Like us on Facebook: Marietta Family YMCA		Effective 1/1/18 RED notates any changes