

**Marietta Family YMCA**  
**Group Exercise Schedule**  
**740-373-2250**

Come experience an open studio designed atmosphere with motivating instructors, offering a range of classes from step, cycling, yoga, pilates, strength training, gravity, silver sneakers, zumba, TRX, body shop, bridges forward, bootcamp and much more to come!!!



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 Strength training/yoga Missy & Rhonda H.	5:45 - 6:15 Cycling Hilles	5:45 - 6:45 Pilates/yoga Missy/Rhonda H.
6:30 - 7:00 Yoga Rhonda H.	6:20 - 6:50 Power Up with Yoga Hilles		6:20 - 6:50 Power Core Hilles	
8:00 - 9:00 Awesome Abs/w-Gravity Rhonda K.		8:00 - 9:00 Awesome Abs/w-Gravity Rhonda K.		8:00 - 9:00 Awesome Abs/w-Gravity Rhonda K.
8:00 - 9:00 Silver Sneakers Marybeth		8:00 - 9:00 Silver Sneakers Marybeth		8:00 - 9:00 Silver Sneakers Marybeth
	9:05 - 9:50 Cycling Angela		9:05 - 9:50 Cycling Angela	9:00 - 9:45 Cycling Roger
9:10 - 10:10 Lean Extreme Stacey				
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 Zumba Stacey
				9:15 - 10:00 Power Gravity Candy
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	
Monday - PM	Tuesday - PM	Wednesday - PM	Thursday - PM	Friday - PM
1:00-2:00 Bridges Forward Candy		1:00-2:00 Bridges Forward Candy		
	5:45-6:45 Stan the Man Cycling Stan (Begins 10/9)		5:00 - 5:25 Strength Training Missy	5:00 - 6:00 Step Hilles
5:30 - 6:30 Muscle Madness Hilles	5:30 - 6:15 Outdoor/ Indoor Bootcamp Rhonda H.	6:00 - 7:00 Pilates Wendy	5:30 - 6:00 HIIT Bootcamp Missy	
	6:20 - 7:00 Yoga Rhonda H.		6:10 - 6:50 Yoga Missy	
5:45 - 6:45 Power Gravity Stan		5:45 - 6:45 Power Gravity Stan		5:45 - 6:45 Power Gravity Stan
		6:30 - 7:40 Zumfusion/ TRX Wendy		
<b>Super Saturday Class 8:15 - 9:15 am</b> 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		updated 4/1/19