

HEALTHY LIVING

GROUP EXERCISE CLASS SCHEDULE
11/1/2021

Marietta Family YMCA
Group Exercise Studio
Complex 1, Building 3
635-B State Route 821
Marietta, OH 45750
P-740-336-1041
www.mariettaymca.org



MON	TUE	WED	THUR	FRI
	6:00am-6:30am- Cycling -Rhonda H. YMCA Broughton Complex 1			6:00am-6:45am-Yoga- Missy S-YMCA Broughton Complex 1
	Pilates 6:30am-7:00am (Missy Shea and Rhonda H)			6:45am-7:30am Tai Chi Missy S.-Broughtons Complex 1
	7:00 am-7:40am- Yoga Rhonda H- YMCA Broughton Complex 1			
7:00am-7:50am Circuit- Melissa-Health & Wellness Center		7:00am-7:50am Circuit- Melissa-Health & Wellness Center		
8:05am-9:00am- Silver Sneakers -Ellen- YMCA Broughton Complex 1 <u>AND LIVE FACEBOOK</u>	8:00am-8:30am Cardio/Strength Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers -Ellen- YMCA Broughton Complex 1 <u>AND LIVE FACEBOOK</u>	8:00am-8:30am Cardio/Strength Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers-Candy-YMCA Broughton Complex 1 & Pre-recorded video
	8:30am-9:15 Cycling - Miranda-YMCA Broughton Complex 1		8:30am-9:15 Cycling - Miranda-YMCA Broughton Complex 1	8:20am-9:10 Cycling - Miranda-YMCA Broughton Complex 1
9:20am-10:20am Body Shop- Rhonda K- YMCA Broughton Complex 1	9:20am-9:45am TRX- YMCA-Melissa- Broughton Complex 1	9:20am-10:20am Body Shop- Rhonda K- YMCA Broughton Complex 1	9:20am-9:45am TRX- YMCA-Melissa- Broughton Complex 1	9:20am-10:20am Body Shop-Tommy,Rhonda, Ellen or Vicky YMCA Broughton Complex 1
9:15am-10:15-Power Gravity -Candy- Broughton Complex 1, - LIMITED SPACE RESERVE YOUR SPOT	10:00am-10:55am Silver Sneakers Melissa YMCA Broughton Complex 1 <u>AND LIVE FACEBOOK</u>	9:15am-10:15-Power Gravity -Candy- Broughton Complex 1, - LIMITED SPACE RESERVE YOUR SPOT	10:00am-10:55am Silver Sneakers Ellen YMCA Broughton Complex 1 <u>AND LIVE FACEBOOK</u>	9:15am-10:15-Power Gravity -Candy- Broughton Complex 1, - LIMITED SPACE RESERVE YOUR SPOT
10:25am-11:25am- Yoga-Rhonda-YMCA New Space		10:25am-11:25am-Yoga- Tristan-YMCA Broughton Complex 1		
11:30am-12:30pm-Tai Chi-Melissa & Rhonda- YMCA Broughton Complex 1	11:05am-12:00pm Silver Sneakers Chair Volleyball- Melissa-YMCA Broughtons Complex 1- 2	11:30am-12:30pm-Tai Chi-Melissa & Rhonda- YMCA Broughton Complex 1	11:05am-12:00pm Silver Sneakers Chair Volleyball-Ellen-YMCA Broughtons Complex 1-	
10:25am-11:25am Gravity -Candy- Broughton Complex 1- LIMITED SPACE RESERVE YOUR SPOT	12:00pm-1:00pm Social, Mix & Match-Melissa & Miranda-YMCA Broughton Complex 1	10:25am-11:25am Gravity -Candy- Broughton Complex 1- LIMITED SPACE RESERVE YOUR SPOT	12:00pm-1:00pm Social, Mix & Match-Melissa & Miranda-YMCA Broughton Complex 1	10:25am-11:25am Gravity -Candy- Broughton Complex 1- LIMITED SPACE RESERVE YOUR SPOT
12:45pm-1:30pm Bridges Forward Candy YMCA Broughton Complex 1		12:45pm-1:30pm Bridges Forward Candy YMCA Broughton Complex 1		
5:15pm-6:15pm Total Body Toning - Wendy- YMCA Broughton Complex 1	5:15pm-6:15pm-HITT- Tommy YMCA Broughton Complex 1	5:15pm-6:15pm 20/20/20- Cardio/Strength/Circuit- Wendy-YMCA Broughton Complex 1	5:00pm-5:25pm- Strength Trainings-Missy S-YMCA Broughton Complex 1	5:15pm-6:15pm-HITT- Tommy YMCA Broughton Complex 1
	5:30pm-6:30pm Walk Outside/Strength- Rhonda K-YMCA Broughton Complex 1		5:30pm-6:00pm- HIIT Bootcamp-Missy S-YMCA Broughton Complex 1	
			6:00pm-6:45pm- Yoga- Missy S-YMCA Broughton Complex 1	

SATURDAY MORNING CLASS STARTS AT 9:00AM CHECK OUT OUR FACE BOOK PAGE FOR DETAILS