

HEALTHY LIVING

GROUP EXERCISE CLASS SCHEDULE

7/1/2021

Marietta Family YMCA
Complex 1, Building 3
635-B State Route 821
Marietta, OH 45750
P-740-336-1041
www.mariettaymca.org
or visit our Facebook page



MON	TUE	WED	THUR	FRI
	6:00am-6:45am- Cycling/Pilates-Rhonda H. YMCA Broughton Complex 1			6:00am-6:45am-Yoga- Missy S-YMCA Broughton Complex 1
	7:00 am-7:40am- Yoga Rhonda H- YMCA Broughton Complex 1			6:45am-7:30am Tai Chi Missy S.-Broughtons Complex 1 (NEW)
7:00am-8:00am Awesome Abs-Rhonda K-YMCA Broughton Complex 1		7:00am-8:00am Awesome Abs- Rhonda K- YMCA Broughton Complex 1		
8:05am-9:00am- Silver Sneakers -Melissa- YMCA Broughton Complex 1 AND LIVE FACEBOOK	8:00am-8:30am Cardio/Strength Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers -Ellen- YMCA Broughton Complex 1 AND LIVE FACEBOOK	8:00am-8:30am Cardio/Strength Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers -Candy YMCA Broughton Complex 1 & a previously recorded class
	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-Rhonda, Ellen or Vicky YMCA Broughton Complex 1
TIME CHANGE 9:15am- 10:15-Power Gravity - Candy- Broughton Complex 1, Buckeye Building-LIMITED SPACE RESERVE YOUR SPOT	10:00am-10:55am Silver Sneakers Melissa YMCA Broughton Complex 1 AND LIVE FACEBOOK	TIME CHANGE 9:15am- 10:15-Power Gravity - Candy- Broughton Complex 1, Buckeye Building-LIMITED SPACE RESERVE YOUR SPOT	10:00am-10:55am Silver Sneakers-Ellen YMCA Broughton Complex 1 AND LIVE FACEBOOK	TIME CHANGE 9:15am- 10:15-Power Gravity - Candy- Broughton Complex 1, Buckeye Building-LIMITED SPACE RESERVE YOUR SPOT
10:25am-11:25am- Yoga-Rhonda-YMCA New Space		10:25am-11:25am-Yoga- Melissa-YMCA Broughton Complex 1		
11:30am-12:30pm-Tai Chi-Melissa & Rhonda- YMCA Broughton Complex 1(NEW)	11:05am-12:00pm Silver Sneakers Chair Volleyball- Melissa-YMCA Broughtons Complex 1- 2Games	11:30am-12:30pm-Tai Chi-Melissa & Rhonda- YMCA Broughton Complex 1(NEW)	11:05am-12:00pm Silver Sneakers Chair Volleyball- Melissa-YMCA Broughtons Complex 1- 2Games	
TIME CHANGE 10:25am- 11:25am Gravity - Candy- Broughton Complex 1, Buckeye Building-LIMITED SPACE RESERVE YOUR SPOT	12:00pm-1:00pm Strength/Cycling-Melissa & Miranda-YMCA Broughton Complex 1	TIME CHANGE 10:25am- 11:25am Gravity -Candy- Broughton Complex 1, Buckeye Building- LIMITED SPACE RESERVE YOUR SPOT	12:00pm-1:00pm Strength/Cycling-Melissa & Miranda-YMCA Broughton Complex 1	TIME CHANGE 10:25am11:25am Gravity - Candy- Broughton Complex 1, Buckeye Building-LIMITED SPACE REERVE YOUR SPOT
12:30pm-1:15pm Bridges Forward Candy YMCA Broughton Complex 1		12:30pm-1:15pm Bridges Forward Candy-YMCA Broughton Complex 1		
5:15pm-6:15pm Total Body Toning - Wendy- YMCA Broughton Complex 1	5:00pm-Cycling/Barre- Stephanie S.-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	
	5:30pm-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	

GRAVITY CLASS IS HELD IN THE BUCKEYE BUILDING

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