

HEALTHY LIVING

GROUP EXERCISE CLASS SCHEDULE

12/1/2020

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- Spin/Pilates/Stretch-Missy S/Rhonda H.-Broughton Complex 1			6:00am-6:45am-Yoga-Missy S- Broughton Complex 1
	7:00 am-7:40am- Yoga Rhonda H- YMCA Broughton Complex 1			
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 TRX/HITT Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers - Melissa- YMCA Broughton Complex 1 AND LIVE FACEBOOK	8:00am-8:30am TRX/HITT Melissa - YMCA Broughton Complex 1	8:05am-9:00am- Silver Sneakers - YMCA Broughton Complex 1 AND LIVE FACEBOOK
	8:30am-9:15 Cycling -Roger- YMCA Broughton Complex 1		8:30am-9:15 Cycling - Roger-YMCA Broughton Complex 1	8:30am-9:15 Cycling - Roger-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- Vicky- YMCA Broughton Complex 1
9:30am-10:30-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	9:30am-10:30-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	9:30am-10:30-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		
10:40am-11:30am- Power Gravity -Candy- Broughton Complex 1, Buckeye Building		10:40am-11:30am- Power Gravity -Candy- Broughton Complex 1, Buckeye Building		10:40am-11:30am- Power Gravity -Candy- Broughton Complex 1, Buckeye Building
	11:05am-12:00pm Silver Sneakers Chair Yoga- Marybeth- YMCA Broughton Complex 1			
12:30pm-1:15pm Bridges Forward CandyYMCA 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	5:30pm-6:30pm Walk/Strength-Rhonda K- Meet at Giant Eagle 128 Gross St. Marietta, OH 45750 weather permitting Check out our face book page for more details	5:15pm-6:15pm- Pilates/Yoga- Wendy- YMCA Broughton Complex 1	5:00pm-5:25pm- Strength Trainings- Missy S-YMCA Broughton Complex 1	
		6:20pm-7:20pm- Dance Fusion-Wendy- YMCA Broughton Complex 1	5:30pm-6:00pm- HIIT Bootcamp-Missy S-YMCA Broughton Complex 1	
*5:45pm-6:45pm-Power Gravity -Stan- Broughton Complex 1 Building 2-LIMITED SPACE RESERVE YOUR SPOT	5:30pm-6:30pm-Cycling- Stan- Broughtons Complex 1	*5:45pm-6:45pm- Power Gravity -Stan- Broughton Complex 1 Building 2-LIMITED SPACE RESERVE YOUR SPOT	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