

HEALTHY LIVING

GROUP EXERCISE CLASS SCHEDULE REVISED 03/09/2020

Marietta Family YMCA
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-6:45am- Spin/Pilates/Stretch- Hilles-Buckeye Room	6:00am-6:45am- Yoga Strong Rhonda H- YMCA New Spcace	6:00am-6:45am- Spin/Pilates/Stretch- Hilles-Buckeye Room	6:00am-6:45am-Yoga- Missy S- YMCA New Space	Specialty Classes March 14th thru April 18th, 2020 Self Defense Class 6 week Course \$45.00 or \$10.00 Drop In, Womens Self Defense, 6-8 Age Group, 10-14 Age Group, 15 or older Call the YMCA for details 740-336-1041
7:00am-8:00am Awesome Abs- Rhonda K-YMCA New Space		7:00am-8:00am Awesome Abs- Rhonda K-YMCA New Space			Specialty Yoga March 2nd thru April 9th, 2020 Specialty Yoga 6 weeks \$45.00 or \$12.00 Drop in, call for more details
	8:00am-9:00am HIIT- Melissa-New Space		8:00am-9:00am HIIT- Melissa-New Space		
8:05am-9:00am- Silver Sneakers -Melissa- YMCA New Space	8:30am-9:10 Cycling - Roger- Buckeye Room	8:05am-9:00am- Silver Sneakers -Melissa- YMCA New Space	8:30am-9:10 Cycling - Roger- Buckeye Room	8:05am-9:00am- Silver Sneakers -Candy- YMCA New Space	
9:05am-10:05am Lean Extreme- Stacey -YMCA New Space				8:30am-9:30am-Cycling- Roger-Buckeye Room	
9:30am-10:30-Power Gravity -Candy- at the American Legion	10:00am-10:55am Silver Sneakers Sara- YMCA New Space 11:05am-12:00pm Silver Sneakers Chair Volleyball-Sara YMCA New Space	9:30am-10:30-Power Gravity - Candy- at the American Legion 9:05am-10:05am-Body Shop- Rhonda K. YMCA New Space	10:00am-10:55am Silver Sneakers Sara- YMCA New Space 11:05am-12:00pm Silver Sneakers Chair Volleyball-Sara YMCA New Space	9:30am-10:30-Power Gravity-Candy-at the American Legion	
10:15am-11:15am Body Shop- Rhonda K- YMCA New Space 11:20am-12:20am-Yoga- Sara-Oak Room		10:15am-11:15am-Yoga- Sara- Oak Room 11:30am-12:15pm-Chair Yoga- Marybeth-Oak Room		9:35am-10:35am Body Shop- Vicky- YMCA New Space	SATURDAY YMCA NEW SPACE Saturday Morning Classes 8:30am-9:30am
1:00pm-2:00pm Bridges Forward- Candy- YMCA New Space		1:00pm-2:00pm Bridges Forward- Candy- YMCA New Space			
5:30pm-6:30pm Muscle Madness- Hilles- YMCA New Space	5:30pm-6:30pm Outdoor/Indoor Bootcamp-Rhonda K- YMCA New Space	5:15pm-6:15pm- Pilates/Yoga- Wendy- Elizabeth Sugden Community Bldg- 6:20pm-7:20pm-Dance Fusion-Wendy Elizabeth Sugden Community Building	5:00pm-5:25pm- Strength Trainings- Missy S-YMCA New Space 5:30pm-6:00pm- HIIT Bootcamp-Missy S- YMCA New Space		7th Step-Missy 14th Cycling-Location Buckeye Room
*5:45pm-6:45pm-Power Gravity -Stan- at the American Legion	5:30pm-6:30pm- Cycling- Stan- Buckeye Room	*5:45pm-6:45pm-Power Gravity -Stan- at the American Legion	6:00pm-6:45pm- Yoga- Missy S- YMCA New Space		21st Cardio Movement- Vicki 28th Disco Light Zumba- Stacey

Buckeye Room is located across from the Marietta Family YMCA new space look for signs on building.

Elizabeth Sugden Community Building located across from the Marietta Family YMCA new space look for signs on the building.

Oak Room is located near the main entrance when entering complex, look for signs on the building.

American Legion for Gravity Class is located on 9 Wooster St, Marietta, OH 45750.

NEW CLASS