

Marietta Family YMCA
Group Exercise Schedule
740-373-2250

FREE TO MEMBERS! The classes listed are all free to Y members. Program members may purchase a Group Exercise Class Pass for \$55.00 that allows them to take unlimited classes each month. This pass expires one month from the date of purchase. \$6.00 per class drop in rate for non-members.



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 - 8:30 Awesome Abs Rhonda K.		8:00 - 8:30 Awesome Abs Rhonda K.		8:00 - 9:00 Awesome Abs/ Body Ball Rhonda K.
8:00 - 9:00 Silver Sneakers Marybeth	8:30 - 10:00 Pickleball Gym	8:00 - 9:00 Silver Sneakers Marybeth	8:30 - 10:00 Pickleball Gym	8:00 - 9:00 Silver Sneakers Marybeth
8:30 - 9:00 Medicine Ball Rhonda K.	9:05 - 9:50 Cycling Angela	8:30 - 9:00 Xplode Rhonda K.	9:05 - 9:50 Cycling Angela	9:00 - 9:45 Cycling Roger
9:10 - 10:10 Lean Extreme Stacey			9:10 - 10:10 Power HIIT Melissa	9:00 - 10:45 Pickleball Gym
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 Dance Fitness 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	11:30 - 12:30 Yoga Tristan
Monday - PM	Tuesday - PM	Wednesday - PM	Thursday - PM	Friday - PM
1:00-2:00 Bridges Forward Candy		1:00-2:00 Bridges Forward Candy		
3:00 - 4:00 cycling <small>6 bikes open to cycle with students</small> Kerry Jean		3:00 - 4:00 cycling <small>6 bikes open to cycle with students</small> Kerry Jean		
	5:45-6:45 Stan the Man Cycling Stan (Begins 10/9)	4:15 - 5:15 One Step Ahead Missy	5:00 - 5:25 Strength Training Missy	
5:30 - 6:30 Muscle Madness Hilles	5:30 - 6:15 Outdoor/ Indoor Bootcamp Rhonda H.	5:30 - 6:15 Yoga Sculpting Missy	5:30 - 6:00 HIIT Bootcamp Missy	
	6:20 - 7:00 Yoga Rhonda H.		6:10 - 6:50 Yoga Missy	5:00 - 6:00 Step Hilles
5:45 - 6:45 Power Gravity Stan		5:45 - 6:45 Power Gravity Stan		5:45 - 6:45 Power Gravity Stan
6:30-7:30 Yoga Tristan		6:30 - 7:40 Zumfusion/ TRX Wendy		
Super Saturday Class 8:15 - 9:15 am Format & Instructor vary week to week See posted schedule		www.mariettaymca.org Like us on Facebook: Marietta Family YMCA		Effective 1/1/2019 RED notates any changes updated 2/05/2019