



GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 1.19.2021

Effective 1.19.2021 ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK. Classes may be cancelled or changed please call 906-863-9983, check our Y app, or website www.mymca.org for most current and full listing of programs & services. Shaded classes include a fee. * **marked classes require registration.** Registered classes are also open to General Public to register. Drop-ins are available only for members until further notice. **Class sizes limited.**

Please see reverse side for class descriptions. Find us on facebook. Check out our new LesMills Virtual Classes!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*5:00-5:45am BODYPUMP™ Anne/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie/Pam Cycle Studio	*5:15-5:45am CXWorx™ Diane/Mel Y-Outback	*5:15-5:45am LesMills SPRINT™ Diane/Mel Cycle Studio	*5:00-5:45am Group Cycle Diane Cycle Studio	*6:30-7:00am LesMills SPRINT™ Diane Cycle Studio
6:00-6:45am FitYoga Phoebe Y-Outback		*6:00-6:30am GRIT™ Michell Y-Outback	6:00-6:45am FitYoga Jessie Ca Y-Outback	*5:15-5:45am GRIT™ Melissa/Kandace Y-Outback	8:00-8:45am ZUMBA® Cindi/Jaime Gymnasium
7:15-8:00am Tone It Up Heidi- Y-Outback		8:15-8:45am YWalk Terri H.- Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool		
8:15-8:45am Ywalk - Inst Rotation Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool		*8:30-9:15am Cyclates Heidi- Cycle/Studio 4	8:15-8:45am Ywalk - Inst Rotation Gymnasium	
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am ZUMBA® Cindy -Gymnasium	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am ZUMBA® Cindy-Gymnasium		*7:15-8:15am BODYPUMP™ Jenni Y-Outback
*8:20-8:50am LesMills SPRINT™ Steve- Cycle Studio	*8:30-9:30am BODYPUMP™ Steve- Y-Outback			8:15-9:00am WaterWarriors Terri - Pool	*8:30-9:00am CXWorx™ Melissa-Y Outback
*9:00-9:30am CXWorx™ Steve- Y-Outback			*8:30-9:30am BODYPUMP™ Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	9:00-10:00am BODYCOMBAT™ Jaime-Gym
9:45-10:45am SilverSneakers@ Classic Gretchen-Y Outback	10:30-11:15am Chair Yoga Cindy Y-Outback	9:45-10:30am Pilates Heidi Y-Outback		8:30-9:30am Yoga Brigitte Y-Outback	*9:15-9:45am LesMills SPRINT™ Melissa Cycle Studio
	11-12:00pm Movement -Feb. 2 Stephenson Townhall				9:15-9:45am Les Mills Barre™ Allyson
	*12:10-12:40pm GRIT™ Michell- Y-Outback		11-12:00pm Movement Stephenson TownHall Debbie (2.4.21 start)	9:45-10:45am SilverSneakers@ Classic (starts 2.5.21) Debbie-Y-Outback	
		4:15-5:15pm BODYCOMBAT™ Jamie- Gymnasium		*11:15-11:45am GRIT™ Nicole-Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:00-5:00pm ZUMBA/ Zumba Toning® Jamie - Gymnasium				SUNDAY
5:15-6pm 15-15-15 Christina - Y-Outback		*5:15-6:00pm Group Cycle Michell- Cycle Studio	*4:00-5:00pm BODYPUMP™ Alicen Y-Outback		*7:30-8:00am GRIT STRENGTH™ Jenni - Y-Outback
	*5:25-6:25pm BODYPUMP™ Diane Y-Outback	5:30-6:30pm Interval -Stephenson Township Hall Feb. 3	*5:25-6:10pm BODYPUMP™ Keith -Y-Outback		*8:10-8:40am LesMills SPRINT™ Michell- Cycle Studio
*6:00-6:30pm LesMills SPRINT™ Jenni- Cycle Studio		5:30-6:30pm Yoga Julie Y-Outback			
*6:15-7:15pm BODYPUMP™ Lori - Y-Outback		* 6:45-7:15pm GRIT™ Melissa - Y-Outback			

