



## GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 5.20.2021

**Effective 5.22.2021** 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.mmymca.org](http://www.mmymca.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. Please see reverse side for class descriptions. Find us on facebook and instagram.  
Check out our LesMills Virtual Class schedule & Y360!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*5:00-5:45am <b>BODYPUMP™</b> Anne/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie/Pam Cycle Studio	*5:15-5:45am <b>CORE™</b> Jenni/Mel Y-Outback	*5:15-5:45am <b>LesMills SPRINT™</b> Diane/Mel Cycle Studio	*5:00-5:45am Group Cycle Diane Cycle Studio	*6:30-7:00am <b>LesMills SPRINT™</b> Diane Cycle Studio
6:00-6:45am FitYoga Phoebe Y-Outback		*6:00-6:30am <b>GRIT™</b> Michell Y-Outback	6:00-6:45am FitYoga Jessie Ca Y-Outback	*5:15-5:45am <b>GRIT™</b> Melissa/Kandace Y-Outback	7:00-8:00am <b>BODYCOMBAT™</b> Jaime-Gym
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 - Val Gymnasium	*7:15-8:15am <b>BODYPUMP™</b> Jenni Y-Outback
8:15-8:45am Ywalk - Val Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam- Pool		*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4		8:00-8:45am <b>ZUMBA®</b> Cindi/Jaime Gymnasium
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am <b>ZUMBA®</b> Cindy -Gymnasium	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am <b>ZUMBA®</b> Cindy-Gymnasium	8:15-9:00am WaterWarriors Terri - Pool	
*8:20-8:50am <b>LesMills SPRINT™</b> Steve- Cycle Studio	*8:30-9:30am <b>BODYPUMP™</b> Steve- Y-Outback				
*9:00-9:30am <b>CORE™</b> Steve- Y-Outback		8:45-9:30am Silver Sneakers Gretchen Outback	*8:30-9:30am <b>BODYPUMP™</b> Lori- Y-Outback	8:30-9:15am Group Cycle Jenni -Cycle Studio	*8:25-8:55am <b>CORE™</b> Melissa-Y Outback
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	9:45-10:15am Les Mills Barre™ Jessie- outback (starts 5/27)	8:30-9:30am Yoga Brigitte Y-Outback	*9:15-9:45am <b>LesMills SPRINT™</b> Melissa Cycle Studio
9:45-10:15am Les Mills Barre™ Ashley- studio4 (starts 5/24)	11-12:00pm Movement - Stephenson Townhall				
	*12:10-12:40pm <b>GRIT™</b> Michell- Y-Outback		11-12:00pm Movement Stephenson TownHall Debbie	9:45-10:45am SilverSneakers@ Classic Debbie-Y-Outback	
*4:15-5:00pm Step Aerobics Julie Y- Outback		4:15-5:15pm <b>BODYCOMBAT™</b> Jamie- Gymnasium		*11:15-11:45am <b>GRIT™</b> Nicole-Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:15-5:15pm <b>ZUMBA/</b> Zumba Toning® Jamie - Gymnasium				SUNDAY
		*5:15-6:00pm Group Cycle Michell- Cycle Studio			*7:30-8:00am <b>GRIT</b> <b>STRENGTH™</b> Jenni - Y-Outback
	*5:25-6:25pm <b>BODYPUMP™</b> Diane Y-Outback	5:30-6:30pm Interval -Stephenson Township Hall	*5:25-6:10pm <b>BODYPUMP™</b> Keith -Y-Outback		*8:10-8:40am <b>LesMills SPRINT™</b> Michell- Cycle Studio
*6:00-6:30pm <b>LesMills SPRINT™</b> Jenni- Cycle Studio		5:30-6:30pm Yoga Julie Y-Outback			
*6:15-7:15pm <b>BODYPUMP™</b> Lori - Y-Outback		* 6:45-7:15pm <b>GRIT™</b> Melissa - Y-Outback			

