



## GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE

(rev 9.2.2020) **Effective 9.2.2020.** ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK UNLESS CLASS ATTENDING IS OUTSIDE. Minimum of 6 participants to hold a class. Registered classes can be held with less than 6 participants. Classes may be cancelled or changed please call for most current. 906.863.9983. Shaded classes include a fee \* **marked classes require registration.** All classes are currently only open to Y members. Drop-ins not available until further notice. **Class sizes limited.** Please see reverse side for class descriptions. All class schedules can also be found on website: [www.mmymca.org](http://www.mmymca.org) full listing of programs & services are posted to our website. Download our Y app on your smart phone & find us on facebook.

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>CXWorx™</b> Diane/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 Kirsten 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	8:00-8:45am <b>ZUMBA®</b> Cindi/Jaime Gymnasium
7:15-8:00am Tone It Up Heidi- Y-Outback		8:15-8:45am YWalk Kristen- outside	8:15-9:00am WaterWorks (Shallow) Pam- Pool		
8:15-8:45am YWalk Val -outside	8:15-9:00am WaterWorks (Shallow) Val- Pool		*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4		
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am <b>ZUMBA®</b> Cindi -Gymnasium	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am <b>ZUMBA®</b> Cindi- Gymnasium	8:15-8:45am YWalk Kristen-outside	*7:15-8:15am <b>BODYPUMP™</b> Jenni Y-Outback
*8:20-8:50am <b>LesMills SPRINT™</b> Steve- Cycle Studio	*8:30-9:30am <b>BODYPUMP™</b> Steve- Y-Outback	8:30-9:30am 20-20-20 Y-Outback Christina /Kristen		8:15-9:00am WaterWarriors Terri - Pool	*8:30-9:00am <b>CXWorx™</b> Melissa-Y Outback
*9:00-9:30am <b>CXWorx™</b> Steve- Y-Outback	9:45-10:15am Les Mills Barre™ Jessie- outside		*8:30-9:30am <b>BODYPUMP™</b> Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	9:00-10:00am <b>BODYCOMBAT™</b> Jaime/Kristen-Gym
9:45-10:45am SilverSneakers® Classic Gretchen-Y Outback	10:30-11:15am Chair Yoga Jackie Y-Outback	9:45-10:30am Pilates Heidi Y-Outback		8:30-9:30am Yoga Brigitte Y-Outback	*9:15-9:45am <b>LesMills SPRINT™</b> Melissa Cycle Studio
	11-12:00pm Movement- start 9/8 Stephenson town hall				9:15-9:45am Les Mills Barre™ Ashley-Y-Outback
	*12:10-12:40pm <b>GRIT™</b> Steve Y-Outback		11-12:00pm Movement- start 9/3 Stephenson town hall	9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	
		4:15-5:15pm <b>BODYCOMBAT™</b> Jamie- Y-Outback	*12:10-12:40pm <b>CXWorx™</b> Kristen -Y-Outback	*11:15-11:45am <b>GRIT™</b> Nicole-Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:00-5:00pm <b>ZUMBA/Zumba</b> Toning® Jamie Y- Outback	*5:15-6:00pm Group Cycle Michell Cycle Studio			<b>SUNDAY</b>
5:15-6pm 15-15-15 Christina Y-Outback		5:15-6:15pm <b>ZUMBA®</b> Cindi Gymnasium	*4-5:00pm <b>BODYPUMP™</b> Alicen Y-Outback		*7:30-8:00am <b>GRIT STRENGTH™</b> Jenni-Y-Outback
5:30-6:30pm Interval -Stephenson Township hall start9/14	*5:25-6:25pm <b>BODYPUMP™</b> Diane Y-Outback	5:30-6:30pm Interval -Stephenson Township hall 9/2	*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	*6:40-7:10pm <b>CXWorx™</b> Kristen Y-Outback	* 6:45-7:15pm <b>GRIT™</b> Melissa Y-Outback			