



## GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE

(rev 6.23.2020) **Effective 6.10.2020.** 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 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 Kirsten Y-Outback		* 6:00-6:30am <b>GRIT™</b> Michell- Y-Outback	6:00-6:45am FitYoga Jessie Ca Y-Outback starts 6/18	* 5:15-5:45am <b>GRIT™</b> Melissa/Jen-Y-Outback	8:00-8:45am ZUMBA® Sandy/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) Liz- Pool		*8:30-9:15am Cyclelates Heidi- Cycle/Studio 4		
*8:20-8:50am LesMills SPRINT™ Steve- cycle studio	8:30-9:30am ZUMBA® Cindi -Gymnasium		8:30-9:30am Zumba® Sandy- Gymnasium	8:15-8:45am YWalk Kristen-outside	*7:15-8:15am <b>BODYPUMP™</b> Jenni Y-Outback
*9:00-9:30am <b>CXWorx™</b> Steve- Y-Outback	*8:30-9:30am <b>BODYPUMP™</b> Steve- Y-Outback	8:30-9:30am 20-20-20 Y-Outback Christina /Kristen			*8:30-9:00am <b>CXWorx™</b> Melissa-Y Outback
9:15-10:00am WaterWarriors Terri -Pool	9:45-10:15am Les Mills Barre™ Jessie- outside	9:15-10:00am WaterWarriors Terri -Pool	*8:30-9:30am <b>BODYPUMP™</b> Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	*9:15-9:45am LesMills SPRINT™ Melissa- cycle
9:45-10:45am SilverSneakers® Classic Gretchen-Outback		9:45-10:30am Pilates Heidi- Y-Outback		8:30-9:30am Yoga Brigitte Y-Outback	9:15-9:45am LesMills Barre™ Ashley-Y-Outback
	10:30-11:15am Chair Yoga Jackie-Y-Outback			9:15-10:00am WaterWarriors Terri - Pool	
	* 12:10-12:40pm <b>GRIT™</b> Steve- Y-Outback			9:45-10:45am SilverSneakers® Classic Gretchen-Y-Outback	
		4:15-5:15pm <b>BODYCOMBAT™</b> Jamie- Y-outback		* 11:15-11:45am <b>GRIT™</b> Nicole- Y-Outback	
	4:00-5:00pm Zumba/zumba toning® Jamie- Y- Outback	*5:15-6:00pm Group Cycle Michell Cycle Studio		4:30-5:30pm ZUMBA® Anna Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio		5:15-6:15pm Zumba Sandy Gymnasium			<b>SUNDAY</b>
5:15-6pm 15-15-15 Christina- Y-Outback	*5:25-6:25pm <b>BODYPUMP™</b> Diane Y-Outback		*5:25-6:10pm <b>BODYPUMP™</b> Keith -Y-Outback		* 7:30-8:00am <b>GRIT STRENGTH™</b> Jenni-Y-Outback
*6:00-6:30pm LesMills SPRINT™ 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			