



GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 1.1.23

Effective 1.1.23, 2023 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 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 BODYPUMP™ Anne/Melissa Y-Outback	*5:00-5:45am Group Cycle Melissa/Jessie/Pam Cycle Studio	*5:15-5:45am CORE™ Jenni/Mel Y-Outback	*5:15-5:45am LesMills SPRINT™ Mel - Cycle Studio	*5:00-5:45am Group Cycle Jessie/Zoe Cycle Studio	*6:30-7:00am LesMills SPRINT™ Lori/Jenni Cycle Studio
7:15-8:00am Tone It Up Heidi- Y-Outback	6:00-6:45am FitYoga Jessie Y-Outback	*6:00-6:30am GRIT™ Michell Y-Outback	6:00-6:45am FitYoga Phoebe Y-Outback	*5:15-5:45am GRIT™ Melissa/Kandace Y-Outback	7:00-8:00am BODYCOMBAT™ Jaime-Gym
8:15-8:45am Barre-Ashley Outback		8:15-8:45am Y Walk-Terri Gymnasium	8:15-9:00am WaterWorks (Shallow) Pam-	8:15-8:45am Ywalk - Val Gymnasium	*7:15-8:15am BODYPUMP™ Jenni Y-Outback
8:15-8:45am Ywalk - Val Gymnasium	8:15-9:00am WaterWorks (Shallow)		*8:30-9:15am Cyclelates Heidi- Cycle/Studio		8:00-8:45am ZUMBA® Rotation Gymnasium
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am ZUMBA® Cindy/Robin-	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am ZUMBA® Robin/Cindy-	8:15-9:00am WaterWarriors Terri - Pool	
*8:20-8:50am LesMills SPRINT™ Steve- Cycle Studio	*8:30-9:30am BODYPUMP™ Steve- Y-Outback				
*9:00-9:30am CORE™ Steve- Y-Outback	10:00-10:45am Chair Yoga outback- Cindy	8:45-9:30am Silver Sneakers Gretchen Outback	*8:30-9:30am BODYPUMP™ Lori- Y-Outback	*8:30-9:15am Group Cycle Jenni -Cycle Studio	*8:25-8:55am CORE™ Melissa-Y Outback
9:45-10:45am SilverSneakers® Classic Gretchen-Y Outback	10:30-11:15am Movement Class offsite Stephenson town hall- Debbie	9:45-10:30am Pilates Heidi Y-Outback	10:30-11:15am Movement Class offsite Stephenson town hall- Debbie	8:30-9:30am Yoga Brigitte Y-Outback	*9:15-9:45am LesMills SPRINT™ Melissa Cycle Studio
				9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	
*5:00-5:45pm Group Cycle Michell		*12:10- 12:40pm BODYPUMP		*11:15-11:45am GRIT™ Michell-Y-Outback	
*5:15-6:00pm BODYPUMP™ Lori/Keith - Y-Outback	4:15-5:15pm ZUMBA/ Zumba Toning® Jamie - Marinette Primary	4:15-5:15pm BODYCOMBAT™ Jamie- Marinette Primary			SUNDAY
*6:00-6:30pm LesMills SPRINT™ Jenni- Cycle Studio		*4:15-5:15pm BODYPUMP™ Alicen -Y-Outback	*5:25-6:10pm BODYPUMP™ Keith -Y-Outback		*8:10-8:40am LesMills SPRINT™ Michell Cycle Studio
6:00-6:45pm Aqua combo Julie- Y-pool	5:30-6:30pm Intervals- offsite Stephenson town hall- Debbie	5:30-6:30pm Yoga Julie- Y-Outback	5:30-6:30pm Intervals- offsite Stephenson town hall- Debbie		
*6:45-7:15pm GRIT™ Nicole-Y-Outback	*6:30-7:00pm CORE™ Kristen- Y-Outback	* 6:45-7:15pm GRIT™ Melissa - Y-Outback			

