



GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 2.9.24

Effective 1.1.24 ALL PARTICIPANTS MUST CHECK IN AT THE FRONT DESK. Classes may be cancelled or changed please call 906-863-9983, opt into text alerts, 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 Y-Outback | *5:00-5:45am Group Cycle Melissa/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- Pool | 8:15-8:45am Ywalk - Judy Gymnasium | *7:15-8:15am BODYPUMP™ Jenni Y-Outback |
| 8:15-8:45am Ywalk - Judy Gymnasium | 8:15-9:00am WaterWorks (Shallow) | | *8:30-9:15am Cyclates Heidi- Cycle/Studio 4 | | 8:00-8:45am ZUMBA® Rotation Gymnasium |
| 8:15-9:00am Water Warriors Danielle- Pool | 8:30-9:30am ZUMBA® Cindy/Robin- | 8:15-9:00am WaterWarriors Danielle -Pool | 8:30-9:30am ZUMBA® Robin/Cindy- | 8:15-9:00am WaterWarriors Danielle- 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 | 10:15-11am Chair Yoga Jackie- Y- outback | 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 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 | | | | *11:15-11:45am GRIT™ Michell-Y-Outback | |
| *5:15-6:00pm BODYPUMP™ Lori - Y- Outback | 4:00-5:00pm ZUMBA/ Zumba Toning® Jamie - Marinette Primary | 4:00-5:00pm BODYCOMBAT™ Jamie- Marinette Primary | | | SUNDAY |
| *6:00-6:30pm LesMills SPRINT™ Jenni- Cycle Studio | | *4:30-5:15pm BODYPUMP™ Anne - Y-Outback | | | |
| *6:20-6:50pm GRIT™ Nicole -Y-Outback | 5:30-6:30pm Intervals- offsite Stephenson town hall- Debbie | | 5:30-6:30pm Intervals- offsite Stephenson town hall- Debbie | | *8:10-8:40am LesMills SPRINT™ Michell Cycle Studio |
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