



GREATER MARINETTE-MENOMINEE Y GROUP EXERCISE revised 9.7.22

Effective 9.12.22, 2022 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 <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> Mel - Cycle Studio	*5:00-5:45am Group Cycle Jessie/Zoe Cycle Studio	*6:30-7:00am <b>LesMills SPRINT™</b> Lori/rotation Cycle Studio
	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 <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)		*8:30-9:15am Cyclates Heidi- Cycle/Studio 4		8:00-8:45am ZUMBA® Rotation Gymnasium
8:15-9:00am Water Warriors Terri - Pool	8:30-9:30am <b>ZUMBA®</b> Cindy/Robin-	8:15-9:00am WaterWarriors Terri -Pool	8:30-9:30am <b>ZUMBA®</b> Robin/Cindy-	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	10:15-11:00am Chair Yoga outback- Melissa T.	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 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 <b>LesMills SPRINT™</b> Melissa Cycle Studio
				9:45-10:45am SilverSneakers® Classic Debbie-Y-Outback	
	*12:10-12:40pm GRIT™ Nicole- Y-Outback			*11:15-11:45am GRIT™ Nicole-Y-Outback	
*5:00-5:45pm Group Cycle Michell Cycle Studio	4:15-5:15pm ZUMBA/ Zumba Toning® Jamie - Marinette Primary	4:15-5:15pm <b>BODYCOMBAT™</b> Jamie- Marinette Primary			<b>SUNDAY</b>
*5:15-6:00pm <b>BODYPUMP™</b> Lori/Keith - Y- Outback		*4:15-5:15pm <b>BODYPUMP™</b> Alicen -Y-Outback	*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 Intervals- offsite Stephenson town hall- Debbie	5:30-6:30pm Yoga Julie- Y-Outback	5:30-6:30pm Intervals- offsite Stephenson town hall- Debbie		
6:00-6:45pm Aqua combo Julie- Y-pool		* 6:45-7:15pm GRIT™ Melissa - Y-Outback			

