

# YMCA - Marinette-Menominee Virtual Group Exercise Schedule effective 6.18.23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Y-Outback	Y-Outback	Y-Outback	Y-Outback	Y-Outback	Y-Outback	Y-Outback			
5:55AM - 6:40AM VIRTUAL BODYBALANCE 45 Mins	7:30AM - 8:15AM VIRTUAL BODYATTACK 45 Mins	6:45AM - 7:45AM VIRTUAL BODYBALANCE 60 Mins	9:40AM - 10:00AM VIRTUAL BODYBALANCE Yoga	5:55AM - 6:25AM VIRTUAL CORE 30 Mins	6:25AM - 6:55AM VIRTUAL BODYATTACK 30 Mins	7:30AM - 8:00AM VIRTUAL GRIT Strength 30 Mins			
11:15AM - 11:45AM VIRTUAL GRIT Athletic 30 Mins	9:40AM - 10:00AM VIRTUAL BODYBALANCE Yoga	7:45AM - 8:30AM VIRTUAL BODYATTACK 45 Mins	11:15AM - 11:45AM VIRTUAL GRIT Strength 30 Mins	7:45AM - 8:15AM VIRTUAL CORE 30 Mins	9:15AM - 9:45AM VIRTUAL BARRE 30 Mins	8:10AM - 8:30AM VIRTUAL BODYBALANCE Yoga			
12:10PM - 12:40PM VIRTUAL BODYATTACK 30 Mins	12:10PM - 12:40PM VIRTUAL GRIT Cardio 30 Mins	10:45AM - 11:15AM VIRTUAL CORE 30 Mins	12:10PM - 12:40PM VIRTUAL CORE 30 Mins	11:50AM - 12:10PM VIRTUAL BODYBALANCE Yoga	10:00AM - 10:45AM VIRTUAL BODYATTACK 45 Mins	8:50AM - 9:20AM VIRTUAL CORE 30 Mins			
12:40PM - 1:10PM VIRTUAL CORE 30 Mins	Cycle Studio	12:10PM - 12:40PM VIRTUAL BODYATTACK 30 Mins	2:00PM - 2:30PM VIRTUAL BODYCOMBAT 30 Mins	12:10PM - 12:40PM VIRTUAL BODYATTACK 30 Mins	12:30PM - 1:00PM VIRTUAL GRIT Cardio 30 Mins	10:00AM - 10:20AM VIRTUAL BODYBALANCE Yoga			
2:00PM - 2:30PM VIRTUAL BODYCOMBAT 30 Mins		3:45AM - 4:35AM VIRTUAL RPM 50 Mins	12:45PM - 1:15PM VIRTUAL CORE 30 Mins	4:00PM - 4:30PM VIRTUAL GRIT Strength 30 Mins	1:45PM - 2:15PM VIRTUAL SH'BAM 30 Mins	1:15PM - 2:15PM VIRTUAL BODYCOMBAT 60 Mins	10:30AM - 11:00AM VIRTUAL GRIT Athletic 30 Mins		
2:45PM - 3:45PM VIRTUAL BODYBALANCE 60 Mins		6:00AM - 6:50AM VIRTUAL RPM 50 Mins	7:25PM - 7:40PM VIRTUAL BODYBALANCE Express Flexibility	4:30PM - 5:00PM VIRTUAL CORE 30 Mins	3:30PM - 4:00PM VIRTUAL GRIT Athletic 30 Mins	2:30PM - 3:15PM VIRTUAL BODYBALANCE 45 Mins	11:15AM - 12:00PM VIRTUAL BODYBALANCE 45 Mins		
6:05PM - 6:20PM VIRTUAL CORE Ab Blast	8:15AM - 9:05AM VIRTUAL RPM 50 Mins	Cycle Studio	4:30PM - 5:00PM VIRTUAL CORE 30 Mins	4:30PM - 5:30PM VIRTUAL BODYATTACK 60 Mins	3:30PM - 4:00PM VIRTUAL BARRE 30 Mins	12:15PM - 1:15PM VIRTUAL BODYATTACK 60 Mins			
7:20PM - 7:40PM VIRTUAL BODYBALANCE Yoga	10:00AM - 10:50AM VIRTUAL RPM 50 Mins		6:20PM - 6:40PM VIRTUAL BODYBALANCE Yoga	5:45PM - 6:15PM VIRTUAL GRIT Strength 30 Mins	Cycle Studio	Cycle Studio			
Cycle Studio	12:10PM - 12:40PM VIRTUAL RPM 30 Mins		7:00PM - 7:30PM VIRTUAL GRIT Athletic 30 Mins	Cycle Studio					
	4:20PM - 5:10PM VIRTUAL RPM 50 Mins	3:45AM - 4:35AM VIRTUAL RPM 50 Mins	Cycle Studio	3:45AM - 4:35AM VIRTUAL RPM 50 Mins	3:45AM - 4:35AM VIRTUAL RPM 50 Mins	6:00AM - 6:50AM VIRTUAL RPM 50 Mins			
	5:15PM - 6:05PM VIRTUAL RPM 50 Mins	5:50AM - 6:40AM VIRTUAL RPM 50 Mins		9:45AM - 10:35AM VIRTUAL RPM 50 Mins	10:00AM - 10:50AM VIRTUAL RPM 50 Mins	7:15AM - 7:45AM VIRTUAL RPM 30 Mins			
Studio 4	Studio 4	7:00AM - 7:50AM VIRTUAL RPM 50 Mins		3:45AM - 4:35AM VIRTUAL RPM 50 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	11:30AM - 12:00PM VIRTUAL RPM 30 Mins	8:10AM - 8:40AM VIRTUAL RPM 30 Mins		
		8:30AM - 9:20AM VIRTUAL RPM 50 Mins	7:45AM - 8:15AM VIRTUAL RPM 30 Mins	4:00PM - 4:50PM VIRTUAL RPM 50 Mins	12:30PM - 1:20PM VIRTUAL RPM 50 Mins	9:00AM - 9:50AM VIRTUAL RPM 50 Mins			
		9:45AM - 10:35AM VIRTUAL RPM 50 Mins	9:45AM - 10:15AM VIRTUAL RPM 30 Mins	5:00PM - 5:50PM VIRTUAL RPM 50 Mins	1:45PM - 2:35PM VIRTUAL RPM 50 Mins	10:05AM - 10:55AM VIRTUAL RPM 50 Mins			
11:15AM - 11:45AM VIRTUAL RPM 30 Mins	9:45AM - 10:05AM VIRTUAL BODYBALANCE Yoga	11:00AM - 11:50AM VIRTUAL RPM 50 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	Studio 4	3:00PM - 3:50PM VIRTUAL RPM 50 Mins	11:10AM - 12:00PM VIRTUAL RPM 50 Mins			
1:00PM - 1:50PM VIRTUAL RPM 50 Mins	1:00PM - 1:30PM VIRTUAL BARRE 30 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	1:00PM - 1:50PM VIRTUAL RPM 50 Mins		4:15PM - 4:45PM VIRTUAL RPM 30 Mins	12:15PM - 12:45PM VIRTUAL RPM 30 Mins			
7:00PM - 7:50PM VIRTUAL RPM 50 Mins	1:45PM - 2:15PM VIRTUAL BODYCOMBAT 30 Mins	12:45PM - 1:35PM VIRTUAL RPM 50 Mins	3:00PM - 3:50PM VIRTUAL RPM 50 Mins		Studio 4	Studio 4	Studio 4		
Studio 4	2:30PM - 3:00PM VIRTUAL SH'BAM 30 Mins	4:10PM - 5:00PM VIRTUAL RPM 50 Mins	5:15PM - 6:05PM VIRTUAL RPM 50 Mins	7:45AM - 8:15AM VIRTUAL BARRE 30 Mins				7:00AM - 7:45AM VIRTUAL BODYCOMBAT 45 Mins	7:45AM - 8:15AM VIRTUAL GRIT Cardio 30 Mins
	6:30PM - 6:50PM VIRTUAL BODYBALANCE Yoga	5:15PM - 6:05PM VIRTUAL RPM 50 Mins	6:30PM - 7:20PM VIRTUAL RPM 50 Mins	9:25AM - 9:40AM VIRTUAL BODYBALANCE Express Flexibility				8:00AM - 8:30AM VIRTUAL CORE 30 Mins	8:45AM - 9:30AM VIRTUAL BODYATTACK 45 Mins
	4:45AM - 5:45AM VIRTUAL BODYCOMBAT 60 Mins	Studio 4	Studio 4	9:50AM - 10:20AM VIRTUAL BARRE 30 Mins	9:00AM - 10:00AM VIRTUAL BODYATTACK 60 Mins	11:00AM - 11:30AM VIRTUAL Born To Move School Years 8-12 years 30m - R22 - (Full Class)			
9:45AM - 10:15AM VIRTUAL BARRE 30 Mins	3:45PM - 4:15PM VIRTUAL Born To Move School Years 6-7 years 30m - R20 - Love Always Comes Around			10:00AM - 10:30AM VIRTUAL BODYBALANCE Flexibility	Studio 4	Studio 4			
12:10PM - 12:40PM VIRTUAL BARRE 30 Mins	4:30PM - 5:00PM VIRTUAL Born To Move School Years 6-7 years 30m - R20 - Love Always Comes Around			12:00PM - 12:30PM VIRTUAL GRIT Cardio 30 Mins			11:30AM - 12:30PM VIRTUAL GRIT Cardio 30 Mins		
3:45PM - 4:15PM VIRTUAL Born To Move School Years									

6-7 years 30m - R20 - Love Always Comes Around	
4:20PM - 4:50PM	<b>VIRTUAL CORE 30 Mins</b>
5:25PM - 5:55PM	<b>VIRTUAL BARRE 30 Mins</b>

Express Flexibility	
12:10PM - 12:40PM	<b>VIRTUAL BARRE 30 Mins</b>
3:30PM - 4:00PM	<b>VIRTUAL BARRE 30 Mins</b>
4:15PM - 5:15PM	<b>VIRTUAL BODYCOMBAT 60 Mins</b>
6:05PM - 6:25PM	<b>VIRTUAL BODYBALANCE Yoga</b>

Express Flexibility	
9:45AM - 10:15AM	<b>VIRTUAL BARRE 30 Mins</b>
10:50AM - 11:20AM	<b>VIRTUAL BARRE 30 Mins</b>
5:15PM - 5:45PM	<b>VIRTUAL CORE 30 Mins</b>

Move School Years  
8-12 years 30m -  
R19 - One Day

Cardio 30 Mins	
4:00PM - 4:20PM	<b>VIRTUAL BODYBALANCE Yoga</b>
5:00PM - 5:30PM	<b>VIRTUAL BODYBALANCE Flexibility</b>

BODYATTACK 60 Mins	
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A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



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Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills.



Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.



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30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Fun-loving and insanely addictive dance workout. No dance experience required!

**Marinette-Menominee YMCA**  
**Effective 6.18.23**

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