



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

Schedule Updated: 10/22/18

MORNING (AM)

MONDAY

BODYPUMP®
6:00 - 6:55
Danielle (A&B)

EXERCISE LITE ♥
7:00 - 7:55
Patty (A&B) **GS**

GENTLE YOGA
8:00 - 8:55
Michelle S. (C) **7+**

CARDIO BLAST
9:00 - 9:55
Michelle S. (C)

CYCLING ◆
9:00 - 9:50
Bob (A&B)

**CARDIO/
STRENGTH**
10:00 - 10:55
Michelle G (A&B)

**DANCE!
LINE DANCING** ♥
10:00 - 10:55
Cappie (C)

**FOREVER FIT /
CHAIR YOGA** ♥ **GS**
11:00 - 11:55
Valerie (A&B)

BODYPUMP® ◆
12:00 - 1:00
Steve (A&B)

TUESDAY

CYCLING ◆
6:00 - 6:50
Bob (A&B)

WILLPOWER & GRACE
7:30 - 8:45
Sara (C)

TRX CIRCUIT
8:15 - 8:55
Michelle (A&B)

EXTREME FIT
9:00 - 9:55
Michelle G (A&B)

STEP **IA**
9:00 - 9:55
Cappie (C)

STROLLER JAM
9:30 - 10:30
Maggie (SHEPHERD
YMCA FIREHOUSE)

BALANCE **GS** ♥
10:00 - 10:25
Sallie (C)

STRENGTH
10:00 - 10:55
Cappie (A&B)

STRETCH **GS** ♥
10:30 - 10:55
Sallie (C)

FOAM ROLLER **GS**
11:00 - 11:45
Valerie (C)

DANCE! SPIRIT GROOVE
11:00 - 11:55
Melissa (A&B)

GENTLE YOGA
11:45 - 12:30
Valerie (C)

WEDNESDAY

STRENGTH
6:00 - 6:55
Jo (C)

STRETCH/STRENGTH
7:00 - 7:55
David (A&B)

ZUMBA®
8:00 - 8:55
Eileen (A&B)

EXERCISE LITE **7+**
9:00 - 9:50
Claire (C)

CYCLING ♥ **GS**
9:00 - 9:55
Lesley (A&B)

GENTLE YOGA ◆
10:00 - 10:55
Christine (C)

HIIT EXPRESS **7+**
10:00 - 10:25
Tanya (A&B)

CORE FIT **7+**
10:30 - 10:55
Tanya (A&B)

MEDITATION **7+**
11:00 - 11:45
Christine (C)

FOREVER FIT ♥ **GS**
11:00 - 11:55
Eliis (A&B)

THURSDAY

CYCLING ◆
6:00 - 6:50
Bob (A&B)

EXERCISE LITE ♥ **GS**
7:00 - 7:55
Patty (A&B)

GENTLE YOGA **7+**
8:00 - 8:55
Brittany (C)

TRX/ CIRCUIT
8:15 - 8:55
Maggie (A&B)

DANCE! HAPPY FEET
9:00 - 9:55
Joel (C)

STRENGTH
9:00 - 9:55
Michelle G (A&B)

STROLLER JAM
9:30 - 10:30
Maggie (FRONT ENT.)

HIIT
10:00 - 10:55
Cappie (A&B)

PRESCHOOL YOGA **GS**
10:45am - 11:15am
Maggie (C)
Ages 0 to 5 w/Parent

YOGA / EXPRESS
11:00 - 11:25
Cappie (A&B)

PILATES
11:30 - 12:30
Jill (C)

FRIDAY

BODYPUMP®
6:00 - 6:55
Danielle (A&B)

EXERCISE LITE ♥ **GS**
7:00 - 7:55
Patty (A&B)

PILATES
8:00 - 8:55
David (C)

CYCLING ◆
8:00 - 8:50
Lesley (A&B)

ZUMBA® **7+**
9:00 - 9:55
Eileen (C)

CORE FIT
9:00 - 9:25
David (D)

CARDIO BLAST
9:00-9:55
Michelle S. (A&B)

CARDIO DANCE!
10:00-10:55
Eliis (A&B)

FOREVER FIT ♥ **GS**
11:00 - 11:55
Christine (A&B)

SATURDAY

CYCLING ◆ **7+**
7:15 - 8:10
Bob (A&B)

ZUMBA® **7+**
8:00 - 8:55
Eileen (C)

BODYPUMP®
8:30 - 9:25
Kylee (A&B)

STEP
9:00 - 9:55
Joanna (C)

EXTREME FIT **7+**
9:30 - 10:25
Lesley (A&B)

VINYASA YOGA
10:00 - 10:55
Sylvia C. (C)

ZUMBA®
10:30 - 11:25
Ashley (A&B)

CORE FIT
11:30 - 11:55
Bryan (A&B)

SUNDAY

TRX ◆
7:30 - 8:20
Sam (A&B)

YOGA **7+**
8:30 - 9:25
Brittany (C)

CYCLING ◆
8:30 - 9:25
Sarah Q (A&B)

HATHA YOGA
9:30-11:15
David (C)

BODYCOMBAT® **NEW**
9:30 - 10:25
Jessica (AB)

LOCATIONS

- A** - Studio A
- A&B** - Studio A and B
- B** - Studio B
- GYM** - Basketball Gym
- C** - Marion So Studio
- WC** - Wellness Center
- D** - Studio D

Group Ex Schedule



***Please arrive to class at scheduled time**

Schedule subject to change without prior notice

- 😊 **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+** **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- ★ **GETTING STARTED** A great place to begin or restart your exercise program.
- IA** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults.



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DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

AFTERNOON (PM)

- MONDAY**
- BODYPUMP®**
12:00 - 1:00
Steve (A&B) ◆
 - POWER YOGA**
3:15 - 4:45
Melinda (C) [A]
 - STEP**
5:00 - 5:55
Joanna (C)
 - BODYPUMP®**
5:30 - 6:25
Felicia (A&B) ◆
 - BARRE**
6:00 - 6:55
Joanna (C)
 - ZUMBA®**
6:35 - 7:30
Ashley (A&B) [7+]
 - CORE FIT**
6:30 - 7:00
Bryce (WC)

- TUESDAY**
- TAI CHI/INTRO **** ◆
1:00 - 1:55
Marla (A&B) [65]
 - POSTURE PERFORMANCE**
4:00 - 4:45
Staff (AB)
 - HIIT CIRCUIT**
4:30 - 5:25
Maggie (C)
 - CYCLING**
5:30 - 6:20
Gayle (A&B)
 - BODYCOMBAT®**
5:30 - 6:25
Aaron (C)
 - PILATES / YOGA FUSION**
6:30 - 7:20
Maggie (C)
 - BODYPUMP®**
6:30 - 7:25
Lena (A&B)

- WEDNESDAY**
- POWER YOGA**
3:30 - 5:00
Melinda (C)
 - BODYPUMP®**
5:30 - 6:25
Gayle (A&B)
 - CORE FIT**
6:30 - 7:00
Juan (WC) ◆
 - BARRE**
6:30 - 7:25
Jessica (C) [65]
 - POUND FIT®**
6:35 - 7:30
Eileen (A&B) [7+]

- THURSDAY**
- POSTURE PERFORMANCE**
4:00 - 4:45
Staff (AB)
 - HIIT/TRX**
5:00 - 5:55
Justin (A&B) [7+]
 - EXTREME FIT/TRX**
6:00 - 6:45
Justin (A&B) [7+]
 - BODYCOMBAT®**
6:00 - 6:55
Aaron (C) [NEW]
 - CORE FIT**
6:30 - 7:00
Bryce (WC)
 - RESTORATIVE YOGA**
7:00 - 8:30
Christine (C)

- FRIDAY**
- HATHA YOGA** [A]
12:00 - 1:15
Valerie Z. (C)
 - MEDITATION**
12:15 - 1:00
Christine (A&B) [7+]
 - ZUMBA®**
5:30 - 6:25
Last Class 11/16
Gennifer (A&B)
 - POWER YOGA**
5:45 - 7:15
Melinda (C)

SATURDAY

SUNDAY

BBQ SOCIAL

ENJOY SOME FREE BBQ WITH US!

Saturday, November 10 11:00am-1:00pm

The Y has been **BUILDING COMMUNITY** for the past 175 years! Come learn about the impact we make and how you can support the Y's mission.



Group Ex Schedule



ymca.org/mckinney

HOURS

FACILITY

Monday - Thursday
5:00am - 10:00pm
Friday
5:00am - 9:00pm
Saturday/Sunday
7:00am - 6:00pm

CHILD WATCH

Monday - Thursday
8:00am - 1:00pm • 3:00-7:30pm
Friday
8:00am - 1:00pm • 3:00-5:00pm
Saturday/Sunday
8:00am - 1:00pm

ADVENTURE CENTER

Ages 6-12
Monday - Thursday
4:00pm - 7:30pm
Saturday
8:00am - 11:00am



Text
LJGROUPEX
to **84483**
to receive group
exercise changes and
monthly updates.