



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER 2018

Schedule Updated: 8/27/18

## 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)

**BARRE/  
WILLPOWER & GRACE**  
7:30 - 8:45  
Eliis (C) \*No Class 9/4

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

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

**STEP** **IA**  
9:00 - 9:55  
Cappie (C) \*No Class 9/4

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

**BALANCE** ♥ **GS**  
10:00 - 10:25  
Sallie (C) \*No Class 9/4

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

**STRETCH** ♥ **GS**  
10:30 - 10:55  
Sallie (C) \*No Class 9/4

**FOAM ROLLER** ♥ **GS**  
11:00 - 11:45  
Valerie (C) \*No Class 9/4

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

**GENTLE YOGA**  
11:45 - 12:30  
Valerie (C) \*No Class 9/4

**WEDNESDAY**

**CYCLE/STRENGTH**  
6:00 - 6:55  
Feras (A&B)

**STRENGTH**  
6:00 - 6:55  
Jo (C) \*No Class 9/5

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

**ZUMBA®** **7+**  
8:00 - 8:55  
Eileen (A&B)

**EXERCISE LITE** ♥ **GS**  
9:00 - 9:50  
Claire (C) \*No Class 9/5

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

**GENTLE YOGA** **7+**  
10:00 - 10:55  
Christine (C) \*No Class 9/5

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

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

**MEDITATION** **7+**  
11:00 - 11:45  
Christine (C) \*No Class 9/5

**FOREVER FIT** ♥ **GS**  
11:00 - 11:55  
Tori (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) \*No Class 9/6

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

**DANCE! HAPPY FEET**  
9:00 - 9:55  
Staff (C) \*No Class 9/6

**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 \*No Class 9/6

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

**PILATES**  
11:30 - 12:30  
Jill (C) \*No Class 9/6

**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) \*No Class 9/7

**CYCLING** ◆  
8:00 - 8:50  
Lesley (A&B)

**ZUMBA®** **7+**  
9:00 - 9:55  
Eileen (C) \*No Class 9/7

**CORE FIT**  
9:00 - 9:25  
David (A&B)

**STRENGTH**  
9:30 - 9:55  
Michelle S. (A&B)

**CARDIO BLAST**  
10:00 - 10:55  
Michelle S. (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)

## LOCATIONS

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

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.

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER 2018

AFTERNOON (PM)

**MONDAY**

**BODYPUMP®** ◆  
12:00 - 1:00  
Steve (A&B)

**POWER YOGA** [A]  
3:15 - 4:45  
Melinda (C)

**STEP**  
5:00 - 5:55  
Joanna (C)

**BODYPUMP®** ◆  
5:30 - 6:25  
Felicia (A&B)

**BARRE**  
6:00 - 6:55  
Joanna (C)

**ZUMBA®** [7+]  
6:35 - 7:30  
Ashley (A&B)

**CORE FIT**  
6:30 - 7:00  
Bryce (WC)

**TUESDAY**

**TAI CHI/INTRO \*\*** ♥  
1:00 - 1:55  
Marla (A&B) ★65

**HIIT CIRCUIT**  
5:00 - 5:55  
Staff (C) \*No Class 9/4

**CYCLING** ◆  
5:00 - 5:50  
Gayle (A&B)

**PILATES /  
YOGA FUSION**  
6:00 - 6:50  
Staff (C) \*No Class 9/4

**BODYCOMBAT**  
6:00 - 6:55  
Aaron (A&B)

**WEDNESDAY**

**POWER YOGA** [A]  
3:30 - 5:00  
Melinda (C) \*No Class 9/5

**BODYPUMP®** ◆  
5:30 - 6:25  
Gayle (A&B)

**CORE FIT** ★65  
6:30 - 7:00  
Juan (WC)

**BARRE** [7+]  
6:30 - 7:25  
Jessica (C) \*No Class 9/5

**POUND FIT®**  
6:35 - 7:30  
Eileen (A&B)

**THURSDAY**

**HIIT/TRX** [7+]  
5:00 - 5:55  
Justin (A&B)

**EXTREME FIT/TRX** [7+]  
6:00 - 6:45  
Justin (A&B)

**CORE FIT**  
6:30 - 7:00  
Bryce (WC)

**RESTORATIVE YOGA**  
7:00 - 8:30  
Christine (C) \*No Class 9/6

**FRIDAY**

**HATHA YOGA** [A]  
12:00 - 1:15  
Valerie Z. (C) \*No Class 9/7

**MEDITATION** [7+]  
12:15 - 1:00  
Christine (A&B)

**POWER YOGA**  
5:45 - 7:15  
Melinda (C) \*No Class 9/7

**SATURDAY**

**SUNDAY**

**FREE EVENT!**

## TEST YOUR SKILL

and try to make the leader board!

Test your performance in 12 events including:

- Vertical Jump
- Broad Jump
- Weight Throws
- 40 Meter Dash
- Shuttle Runs
- 1.5 Mile Run

**SATURDAY, SEPT. 8**  
10am-2pm • Ages 7+



## LABOR DAY SCHEDULE

7am	Exercise Lite	Patty	Studio A&B
8am	STRONG	Eileen	Studio A&B
9am	Aqua Fit	Kristi	Rec Pool
9am	Cycle	Bob	Studio A&B
10am	Country Line Dancing	Cappie	Studio C
11am	Forever Fit	Valerie	Studio A&B

**STUDIO C CLOSED**  
**SEPT. 4-7**  
 FOR RESURFACING

Studio C classes cancelled during this period. Please refer to schedule

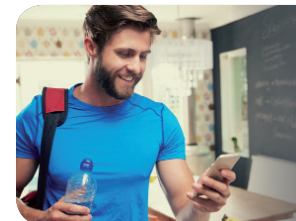
Group Ex Schedule



ymca.org/mckinney

**HOURS**

FACILITY	CHILD WATCH	ADVENTURE CENTER
<b>Monday - Thursday</b> 5:00am - 10:00pm	<b>Monday - Thursday</b> 8:00am - 1:00pm • 3:00-7:30pm	<b>Ages 6-12</b> <b>Monday - Thursday</b> 4:00pm - 7:30pm
<b>Friday</b> 5:00am - 9:00pm	<b>Friday</b> 8:00am - 1:00pm • 3:00-5:00pm	<b>Saturday</b> 8:00am - 11:00am
<b>Saturday/Sunday</b> 7:00am - 6:00pm	<b>Saturday/Sunday</b> 8:00am - 1:00pm	



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