



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | DECEMBER

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**  
9:00 - 9:55  
No Class 12/4 **IA**  
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) **GS**

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

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

**CYCLING** ♥  
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®**  
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 | DECEMBER

## AFTERNOON (PM)

**MONDAY**

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

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**POWER YOGA**  
3:15 - 4:45  
Melinda (C) **LA**

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

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

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

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

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

**TUESDAY**

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

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**POSTURE PERFORMANCE**  
4:00 - 4:45  
Staff (AB)

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**HIIT CIRCUIT**  
4:30 - 5:25  
Maggie (C)

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**CYCLING**  
5:30 - 6:20  
Gayle (A&B)

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**BODYCOMBAT®**  
5:30 - 6:25  
Aaron (C)

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**PILATES / YOGA FUSION**  
6:30 - 7:20  
Maggie (C)

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**BODYPUMP®**  
6:30 - 7:25  
Lena (A&B)

**WEDNESDAY**

**POWER YOGA**  
3:30 - 5:00  
Melinda (C)

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

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

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**BARRE** **GS**  
6:30 - 7:25  
Jessica (C)

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

**THURSDAY**

**POSTURE PERFORMANCE**  
4:00 - 4:45  
Staff (AB)

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

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

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**BODYCOMBAT®** **NEW**  
6:00 - 6:55  
Aaron (C)

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

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**RESTORATIVE YOGA**  
7:00 - 8:30  
Christine (C)

**FRIDAY**

**HATHA YOGA** **LA**  
12:00 - 1:15  
Valerie Z. (C)

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

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**POWER YOGA**  
5:45 - 7:15  
Melinda (C)

## SATURDAY

## SUNDAY

# WINTER JAM!



Try something **NEW** this winter!  
We're offering new classes and formats this winter coming in January & February only!

Group Ex Schedule



[ymca.org/mckinney](http://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.