



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

Schedule Updated: 5/1/19

MORNING (AM)

MONDAY
BODYPUMP®
6:00 - 6:55
Danielle (A&B)

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

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

BARRE/STRENGTH
8:00 - 8:55
Jenny (A&B)

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

CYCLING
9:00 - 9:50
Bob (A&B)

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

HIIT
10:00 - 10:50
Michelle G. (B)

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

TUESDAY
CYCLING
6:00 - 6:50
Bob (A&B)

VINYASA YOGA
7:00 - 8:25
David (C)

TRX CIRCUIT
8:05 - 8:55
Michelle (A&B)

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

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

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

BALANCE
10:00 - 10:25
Sallie (C)

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

STRETCH
10:30 - 10:55
Sallie (C)

FOAM ROLLER
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)

CYCLING
6:30 - 7:25
Bryant (A/B)

STRETCH/STRENGTH
7:00 - 7:55
David (C)

ZUMBA STRONG®
7:30 - 8:00
Eileen (A&B)

ZUMBA®
8:00 - 8:55
Eileen (A&B)

BODYPUMP®
9:00 - 9:55
Stef (A/B)

EXERCISE LITE
9:00 - 9:50
Claire (C)

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

HIIT EXPRESS
10:00 - 10:25
Tanya (Rec Field)

CYCLING
10:05 - 11:00
Maggie (A&B)

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

MEDITATION
11:00 - 11:45
Christine (C)

FOREVER FIT
11:10 - 12:05
Eliis (A&B)

THURSDAY
CYCLING
6:00 - 6:50
Bob (A&B)

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

GENTLE YOGA
8:00 - 8:55
Brittany (C)

TRX/ CIRCUIT
8:05 - 8:55
Maggie (A&B)

BARRE
9:00 - 9:55
Jenny (C)

DANCE!
9:00 - 10:00
Gail (D)

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
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
7:00 - 7:55
Patty (A&B)

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

CYCLING
8:00 - 8:50
Chiara (A&B)

ZUMBA®
9:00 - 9:55
Eileen (C)

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

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

PRE-K YOGA
10:15-10:50
Christine (C)

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

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

BODYPUMP
12:00 - 1:00
Stef (A&B)

SATURDAY
CYCLING
7:15 - 8:10
Bob (A&B)

ZUMBA®
8:00 - 8:55
Eileen (C)

BOOTCAMP
8:00 - 9:00
Matthew (Rec Field)

BODYPUMP®
8:30 - 9:25
Kylee (A&B)

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

EXTREME FIT
9:30 - 10:25
Kylee (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
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
- B - Studio B
- C - Marion So Studio
- D - Studio D
- A&B - Studio A and B
- GYM - Basketball Gym
- WC - Wellness Center

- BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- GETTING STARTED** A great place to begin or restart your exercise program.
- 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.

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

Schedule subject to change without prior notice



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DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

AFTERNOON (PM)

MONDAY

BODYPUMP®
12:00 – 1:00
Chiara (A&B)

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

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
Willie (WC)

TUESDAY

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

HIIT
4:30 – 5:25
Maggie (C)

POSTURE PERFORMANCE
5:00 – 5:30
Matthew (A/B)

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)

ZUMBA®
6:30 – 7:25
Gennifer (A&B)

CORE FIT **65**
6:30 – 7:00
Alex (WC)

BARRE
6:30 – 7:25
Jessica (C)

THURSDAY

BALANCE & STRENGTH
12:00 – 12:55
Matthew (A/B) **NEW TIME**

POSTURE PERFORMANCE **7+**
5:00 – 5:30
Matthew (A/B)

HIIT/TRX
5:30 – 6:25
Justin (A&B)

PILATES/YOGA FUSION
6:00 – 6:55
Christine (C)

CORE FIT
6:30 – 7:25
Bryce (A/B)

RESTORATIVE YOGA
7:00 – 8:30
Christine (C)

FRIDAY

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

BODYPUMP
12:00 – 1:00
Stef (A&B)

ZUMBA **NEW**
5:30 – 6:25
Gennifer (A&B)

POWER YOGA
5:45 – 7:15
Melinda (C)

SATURDAY

SUNDAY



Saturday, May 18 • 12:00pm
Studio A/B with Bob

HOURS

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

MONTHLY UPDATES:

- Sunday, May 12: All YMCA's open to the community in observance of Mother's Day.
- Monday, May 27: All YMCA's open 7:00am-2:00pm in observance of Memorial Day.



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