



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

Schedule Updated: 8/29/19

## 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+**

**BARRE/STRENGTH**  
8:00 - 8:55  
Eliis (B)

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

**CYCLING**  
9:00 - 9:50  
Bob (A)

**PILATES EXPRESS**  
9:00 - 9:30  
Eliis (C)

**DANCE!**

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

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

**FORVER FIT** ♥  
11:00 - 11:55  
Sallie (A&B) **GS**

**POWER YOGA**  
11:30 - 12:45  
Elyssa (C) **NEW CLASS**

**TUESDAY**

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

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

**TRX HIIT**  
8:05 - 8:55  
Michelle G. (A&B)

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

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

**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**  
6:00 - 6:55  
Judy (A/B)

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

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

**BODYPUMP®**  
9:00 - 9:55  
Stef (A/B)

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

**GENTLE YOGA** **7+**  
10:00 - 10:55  
Christine (C)

**HIIT EXPRESS** **7+**  
10:00 - 10:25  
Tanya (Rec Field)

**CYCLING**  
10:05 - 11:00  
Chiara (B)

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

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

**FOREVER FIT** ♥  
11:10 - 11:55  
Eliis (A&B)

**THURSDAY**

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

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

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

**TRX CYCLING**  
8:05 - 8:55  
Maggie (A&B)

**BARRE/YOGA FUSION**  
9:00 - 9:55  
Brittany (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) **GS**

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

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

**ZUMBA®** **7+**  
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) **GS**

**HATHA YOGA** **A**  
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®** **7+**  
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** **7+**  
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** **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

- 😊 **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.
- A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ♥ **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 | SEPTEMBER

## AFTERNOON (PM)

**MONDAY**

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

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

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**STEP**  
4:30 - 5:25  
Joanna (A&B)

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

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**BARRE**  
5:30 - 6:30  
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  
Willie (WC)

**TUESDAY**

**TAI CHI/INTRO\*\*** **65** **♥**  
1:00 - 1:55  
Marla (C)

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**HIIT**  
4:30 - 5:25  
Maggie (B)

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

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**BODYCOMBAT®**  
5:30 - 6:25  
Jessica D. (B)

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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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**ZUMBA®**  
6:30 - 7:25  
Gennifer (A&B)

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

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

**THURSDAY**

**BALANCE &  
STRENGTH**  
12:00 - 12:55  
Matthew (A/B)

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**POSTURE  
PERFORMANCE** **7+**  
5:00 - 5:30  
Alex (A/B)

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**HIIT/TRX**  
5:30 - 6:25  
Justin (A&B)

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

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**CORE FIT**  
6:30 - 7:25  
Bryce (A/B)

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

**FRIDAY** **A**

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

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

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

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

**SATURDAY**

**SUNDAY**

### 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

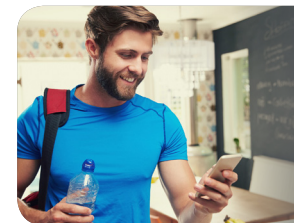
**Monday - Thursday**  
4:00pm - 7:30pm

**Saturday**  
8:00am - 11:00am

### MONTHLY UPDATES

#### Monday, Spetember 2:

All YMCA's open to the community 7:00am-2:00pm in observance of Labor Day. Please see modified schedule.



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