



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

Schedule Updated: 3/6/19

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)

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

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

**FOREVER FIT /
CHAIR YOGA**
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
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)

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)

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

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

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

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

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

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

FOREVER FIT
11:00 - 11:55
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)

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
8:05 - 8:50
Lesley (A&B)

ZUMBA®
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
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)

BODYPUMP®
8:30 - 9:25
Kylee (A&B)

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

EXTREME FIT
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
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.

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 | MARCH

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® **7+**
6:35 - 7:30
Ashley (A&B)

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

TUESDAY

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

POSTURE PERFORMANCE
4:00 - 4:45
Bet (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
Chiara (A&B)

ZUMBA®
6:30 - 7:25
Gennifer (A&B)

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

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

THURSDAY

POSTURE PERFORMANCE
4:00 - 4:45
Bet (AB)

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

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

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

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

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

FRIDAY

HATHA YOGA **A**
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

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.