



MARYSVILLE FAMILY YMCA

WINTER GROUP EXERCISE SCHEDULE

EFFECTIVE 1/4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM-6:15 AM Interval Training Chris Main Studio	5:15 AM-6:15 AM Cycle Judy RPM Studio	5:15 AM-6:15 AM Interval Training Chris Main Studio	5:15 AM-6:15 AM Cycle Together Judy RPM Studio	5:15 AM-6:15 AM Interval Training Chris Main Studio	8:00 AM-8:45 AM TRX Circuit LaRina Baker Studio
7:30 AM-8:30 AM Tai Chi for Beginners Volunteer Baker	5:15 AM-6:15 AM Basic Strength Training Chris Main Studio	7:30 AM-8:30 AM Tai Chi for Beginners Volunteer Baker	5:15 AM-6:15 AM Basic Strength Training Chris Main Studio	7:30 AM-8:30 AM Tai Chi for Beginners Volunteer Baker	8:30 AM-9:30 AM Yoga Flow Kasih Main Studio
8:00 AM-9:00 AM Tai Chi for Balance Volunteer Gym	6:30 AM-7:30 AM Zumba® Suzanne Main Studio	6:30 AM-7:30 AM Strength Train Together Janette Main Studio	6:30 AM-7:30 AM Zumba® Suzanne Main Studio	8:00 AM-9:00 AM Tai Chi for Balance Volunteer Gym	9:00 AM-10:00 AM Cycle LaRina RPM Studio
8:00 AM-9:00 AM Yoga Kimi Main Studio	8:00 AM-9:00 AM Personal Pace Yoga Sheri Main Studio	8:00 AM-9:00 AM Tai Chi for Balance Volunteer Main Studio	8:00 AM-9:00 AM Personal Pace Yoga Sheri Main Studio	8:00 AM-9:00 AM Yoga Kimi Main Studio	9:45 AM-10:45 AM Pilates Kasih Main Studio
8:45 AM-9:15 AM Barre' Suzanne Baker Studio	9:15 AM-9:45 AM Synrgy Conditioning Janette SYNRGY Room	8:45 AM-9:15 AM Barre Suzanne Baker Studio	9:15 AM-9:45 AM Synrgy Conditioning Janette SYNRGY Room	9:00 AM-10:00 AM Cycle Kathy RPM Studio	10:15 AM-11:15 AM TRX LaRina Baker Studio
9:30 AM-10:30 AM TRX George Baker Studio	9:30 AM-10:30 AM Yoga Sheri Main Studio	9:30 AM-10:30 AM Cardio Step Together Sarah Main Studio	9:30 AM-10:30 AM Yoga Sheri Main Studio	9:30 AM-10:30 AM MixxedFit® Sandra Main Studio	11:00 AM-12:00 PM Zumba® Toning Suzanne Main Studio
9:30 AM-10:30 AM Zumba® Tenco Gym	9:30 AM-10:30 AM TRX LaRina Baker Studio	9:30 AM-10:30 AM Zumba® Suzanne Gym	9:30 AM-10:30 AM TRX Jill Baker Studio	9:30 AM-10:30 AM TRX LaRina Baker Studio	12:15 PM-1:00 PM Basic Strength Training Sandra Main Studio
9:30 AM-10:30 AM Cardio Step Together Sarah Main Studio	9:30 AM-10:30 AM Cycle Carrol RPM Studio	9:30 AM-10:00 AM Cycle Jill RPM/Baker	9:30 AM-10:30 AM Cycle Carrol RPM Studio	10:35 AM-11:20 AM Kickboxing Jill Main Studio	SUNDAY
9:30 AM-10:30 AM Cycle Jill RPM Studio	10:00 AM-10:30 AM Synrgy HIIT Janette SYNRGY Room	10:00 AM-10:30 AM TRX Jill RPM/Baker	10:00 AM-10:30 AM Synrgy HIIT Janette SYNRGY Room	10:45 AM-11:45 AM Pedaling for Parkinson's Carrol RPM Studio	
10:45 AM-11:45 AM Pilates Shannon Baker Studio	10:45 AM-11:45 AM Strength Training Sarah Main Studio	10:45 AM-11:45 AM Zumba® Gold Rene Main Studio	10:45 AM-11:45 AM Strength Training Sarah Main Studio	10:45 AM-11:45 AM Pilates Shannon Baker Studio	9:30 AM-10:30 AM Zumba® Janette Main Studio
10:45 AM-11:45 AM Zumba® Gold Rene Main Studio	10:45 AM-11:45 AM Stability Ball Shannon Baker Studio	10:45 AM-11:45 AM Pedaling for Parkinson's Carrol RPM Studio	10:45 AM-11:45 AM Stability Ball Shannon Baker Studio	11:30 AM-12:15 PM Zumba® Gold Sharon Main Studio	11:00 AM-12:00 AM Strength Train Together Janette Main Studio
10:45 AM-11:45 AM Pedaling for Parkinson's Carrol RPM Studio	12:00 PM-1:00 PM SilverSneakers Classic Rene Main Studio	10:45 AM-11:45 AM Pilates Shannon Baker Studio	12:00 PM-1:00 PM SilverSneakers Classic Sarah Main Studio	12:20 PM-1:20 PM Fit Forever Strength Sarah Main Studio	
12:00 PM-1:00 PM Fit Forever Strength Sarah Main Studio	1:15 PM-2:15 PM SilverSneakers Yoga Sheri Main Studio	12:00 PM-12:45 PM AOA TRX George Baker Studio	1:15 PM-2:15 PM SilverSneakers Yoga Suzi Main Studio	1:30-2:30 PM Enhance Fitness Sarah Main Studio Registration Required	



MARYSVILLE FAMILY YMCA WINTER GROUP EXERCISE SCHEDULE EFFECTIVE 1/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:00 PM-12:45 PM AOA TRX George Baker Studio	1:15 PM-2:00 PM AOA Synergy Conditioning Val SYNRGY Room	1:30-2:30 PM Enhance Fitness Rene Main Studio Registration Required	1:15 PM-2:00 PM AOA Synergy Conditioning Val SYNRGY Room	4:15 PM-5:15 PM Strength Train Together Janette Main Studio	
1:15 PM-2:15 PM Transitional Yoga Suzi Baker Studio	4:00 PM-5:00 PM Yin Yoga Kimi Baker Studio	4:15 PM-5:15 PM Barre Suzanne Baker Studio	4:30 PM-5:30 PM Cardio Step Together Tenco Main Studio	5:30 PM-6:00 PM Synergy HIIT Janette SYNRGY Room	
1:30-2:30 PM Enhance Fitness Rene Main Studio Registration Required	4:30 PM-5:30 PM Strength Train Together Rene Main Studio	4:15 PM-5:15 PM Circuit LaRina Main Studio	5:00 PM-5:45 PM Cycle LaRina RPM Studio	5:30 PM-6:30 PM Tae Kwon Do \$ Registration Main Studio	
4:15 PM-5:15 PM Barre Suzanne Baker Studio	5:00 PM-5:45 PM Cycle LaRina RPM Studio	5:30 PM-6:00 PM Tae Kwon Do \$ Registration Baker Studio	5:45 PM-6:45 PM Zumba@ Tenco Main Studio	6:00 PM-6:30 PM Cycle 30 Together LaRina RPM/Baker	
4:15 PM-5:15 PM Kickboxing Jill Main Studio	5:45 PM-6:45 PM Circuit Janette Main Studio	5:30 PM-6:30 PM MixxedFit@ Sandra Main Studio	6:00 PM-7:00 PM TRX LaRina Baker Studio	6:30 PM-7:00 PM TRX LaRina RPM/Baker	
5:30 PM-6:00 PM Tae Kwon Do \$ Registration Baker Studio	6:00 PM-7:00 PM TRX LaRina Baker Studio	5:30 PM-6:15 PM Synergy Conditioning LaRina SYNRGY Room	7:00 PM-8:00 PM Yoga Kimi Main Studio		
5:30 PM-6:30 PM MixxedFit@ Sandra Main Studio	7:00 PM-8:00 PM Yoga Kimi Main Studio	6:00 PM-7:00 PM Cycle Kim RPM Studio			
5:30 PM-6:15 PM Synergy HIIT Jill SYNRGY Room		6:00 PM-6:55 PM Tae Kwon Do \$ Registration Baker Studio			
6:00 PM-7:00 PM Cycle Kim RPM Studio		7:00 PM-7:55 PM Tae Kwon Do \$ Registration Main Studio			
6:00 PM-6:55 PM Tae Kwon Do \$ Registration Baker Studio					
6:45 PM-7:45 PM Zumba@ Tenco Gym					
7:00 PM-7:55 PM Tae Kwon Do \$ Registration Main Studio					