



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MacColl YMCA

Group Exercise Schedule

Contact: Emily Bird- Health and Wellness Director
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Schedule in Effect as of June 5th- September 3rd, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Slow Flow Yoga Gabrielle 9:15-10:15 am	Cardio Sculpt Selena 6:30-7:15 am	*Kickboxing McKenzie 6:00-7:00 am	Bootcamp Ed 5:30-6:30 am	Tabata Express Tina 8:30 am -9:00 am	Strength Train Together Charissa 7:30-8:30 am	Hatha Yoga Poyee 8:30-9:30 am
Bootcamp (Gymnasium) Ed 9:30-10:30 am	Chair Yoga Rebecca 8:30-9:15 am	Strength Train Together Charissa 9:30-10:30 am	Strong by Zumba® Charity 9:30-10:30 am	Slow Flow Yoga Gabrielle 9:15-10:15 am	Total Body Conditioning Ed 8:30-9:30 am	Zumba® Nisey 9:45-10:45 am
Strength Train Together Donna 10:30-11:30 am	Zumba® Kelly 9:30-10:30 am	Pound® Kelly 10:30-11:30 am	Barre- Stretch and Tone Emily 5:15-6:00 pm	Bootcamp (Gymnasium) Noelle 9:30-10:30 am	TurboKick® Melissa 9:30-10:30 am	Strength Train Together 11:00 am-12:00 pm Nisey
AOA Functional Strength Donna 11:30-12:30 am	Muscle Conditioning Ed 10:30-11:30 am	AOA Functional Strength Tina 11:30-12:30 pm	HIIT Tina 6:00-7:00 pm	Trekking (Wellness Center)-Selena 9:30-10:30 am	Hatha Yoga Shelley 2:30-3:30 pm	
Core Dynamics Tina 4:30-5:15 pm	Pilates Shelley 5:00-6:00 pm	Zumba® Stefanie 5:00-6:00 pm	Restorative Yoga Barbara 7:00-8:00 pm	Strength Train Together Karen 10:30-11:30 am	Y Cycle Classes <u>Monday</u> 5:30-6:30 am- Mirella 9:30-10:30 am- Selena 6:00-7:00 pm- Selena <u>Tuesday</u> 5:30-6:30 am- Ed 6:30-7:30 pm- Peter <u>Wednesday</u> 5:30-6:30 am- Selena 6:00-7:00 pm- Breonna <u>Thursday</u> 5:30-6:30 am- Mirella 9:30-10:30 am Noelle 6:00-7:00 pm- Helice <u>Friday</u> 5:30-6:30 am- Selena <u>Saturday</u> 7:30-8:30 am- Stephanie 9:15-10:15 am- Selena <u>Sunday</u> 8:00-9:00 am- Peter	
Strength Train Together Charissa 5:25 pm- 6:30 pm	Total Body Conditioning Ed 6:00-7:00 pm	Strength Train Together Karen 6:00-7:00 pm		AOA Stretch Erin 11:30-12:30 pm		
Zumba® Holly 6:30-7:30 pm		Power Flow Yoga Poyee 7:00-8:00 pm		Strength Train Together 4:30-5:30 *Last class will be held on July 14 th for the summer		
Slow Flow Yoga Maris 7:30-8:30 pm						

All Y Cycle Classes require registration 24 hours prior to the start of class!

*Kickboxing with McKenzie is only a 10 week course offered for the summer- the last class will be August 9th

