



GROUP EXERCISE SCHEDULE

January 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHWEST

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	Zumba® <i>Beginners Welcome!</i>	11:15a	12:00p	Victoria	Wellness Center Studio	Dance
	BODYPUMP®	5:30p	6:30p	Patty	Wellness Center Studio	Strength
TUES	Strength	9:00a	9:45a	Terri	Wellness Center Studio	Strength
	Zumba Gold® <i>Beginners Welcome!</i>	11:00a	11:45a	Sharon	Gymnasium	Dance
	BODYFLOW®	4:30p	5:15p	Laurie	Wellness Center Studio	Mind & Body
WED	Zumba® <i>Beginners Welcome!</i>	5:30p	6:30p	Shelly	Wellness Center Studio	Dance
	BODYPUMP®	5:30p	6:30p	Laurie	Wellness Center Studio	Strength
THUR	Zumba® <i>Beginners Welcome!</i>	9:30a	10:15a	Mollie	Wellness Center Studio	Dance
	Strength	9:00a	9:45a	Terri	Wellness Center Studio	Strength
	Zumba Gold® <i>Beginners Welcome!</i>	11:00a	11:45a	Sharon	Gymnasium	Dance
FRI	BODYFLOW®	4:30p	5:15p	Laurie	Wellness Center Studio	Mind & Body
	BODYPUMP®	5:30p	6:30p	Patty	Wellness Center Studio	Strength
SAT	Zumba® <i>Beginners Welcome!</i>	11:15a	12:00p	Victoria	Wellness Center Studio	Dance
	Strength <i>Beginners Welcome!</i>	9:00am	9:45am	Terri	Wellness Center Studio	Strength

YORKTOWN

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	BODYPUMP®	5:15a	6:15a	Liz	Group Exercise Studio	Strength
	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
TUES	PiYo® <i>Beginners Welcome!</i>	7:45a	8:45a	Cathy	Group Exercise Studio	Mind & Body
	Strength	9:00a	9:45a	Carly	Group Exercise Studio	
	Dance Fitness	6:15p	7:15p	Stacy/Tiffany	Group Exercise Studio	Dance
WED	BODYPUMP®	5:15a	6:15a	Liz	Group Exercise Studio	Strength
	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
THUR	PiYo® <i>Beginners Welcome!</i>	7:45a	8:45a	Cathy	Group Exercise Studio	Mind & Body
	Strength	9:00a	9:45a	Kamna	Group Exercise Studio	
	Dance Fitness	6:15p	7:15p	Stacy/Tiffany	Group Exercise Studio	Dance
FRI	Cycling <i>Beginners Welcome!</i>	9:15a	10:00a	Pat	Cycling Area	Cycling

DOWNTOWN

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	Cycling <i>Beginners Welcome!</i>	5:30am	6:15am	Terri	Cycling Studio	Cycling
	AOA Intervals <i>Beginners Welcome!</i>	9:15am	10:00am	Terri	Gym	Active Older Adult
	Cardio Strength <i>Beginners Welcome!</i>	12:15pm	1:00pm	Jessica	Group Exercise Studio	Strength
TUES	SilverSneakers® <i>Beginners Welcome!</i>	10:00am	10:45am	Brenda	Gym	Active Older Adult
	Cycling <i>Beginners Welcome!</i>	12:15pm	12:45pm	Jama	Cycling Studio	Cycling
	Cycling	5:30pm	6:15pm	Michelle	Cycling Studio	Cycling
	BODYPUMP® <i>Beginners Welcome!</i>	5:30p	6:30p	Tammerrie	Group Exercise Studio	Strength
WED	Cycling <i>Beginners Welcome!</i>	5:30am	6:15am	Terri	Cycling Studio	Cycling
	AOA Intervals <i>Beginners Welcome!</i>	9:15am	10:00am	Terri	Gym	Active Older Adult
	Cardio Strength <i>Beginners Welcome!</i>	12:15p	1:00p	Jessica	Group Exercise Studio	Strength
THUR	S.S. Yoga Stretch® <i>Beginners Welcome!</i>	10:15am	11:00am	Sandy	Gym	Active Older Adult
	BODYPUMP®	12:15p	1:00p	Julie	Group Exercise Studio	Strength
	Cycling	5:30pm	6:15pm	Michelle	Cycling Studio	Cycling
	BODYPUMP® <i>Beginners Welcome!</i>	5:30p	6:30p	Tammerrie	Group Exercise Studio	Strength
FRI	Cycling <i>Beginners Welcome!</i>	5:30am	6:15am	Terri	Cycling Studio	Cycling
	SilverSneakers® <i>Beginners Welcome!</i>	9:15am	10:00am	Sandy	Gym	Active Older Adult
	BODYFLOW® <i>Beginners Welcome!</i>	12:15pm	1:00pm	Jessica/Terri	Group Exercise Studio	Mind & Body
SAT	BODYFLOW®	9:30am	10:15am	Jessica	Group Exercise Studio	Mind & Body
	Dance Fitness	10:30am	11:30am	Tiffany	Group Exercise Studio	Dance
	BODYPUMP®	8:30a	9:15a	Michelle	Group Exercise Studio	Strength

What to expect for in-person classes:

- Participants must reserve an appointment as spaces will be limited due to social distancing. (Active Older Adult classes will not have to reserve appointments.) Use the QR code to reserve your spot(s). *You may register for your class(es) up to one week in advance.
 - All Active Older Adult Classes will be held at the Downtown Y in the gymnasium.
Spaces will be limited in order to adhere to social distancing protocols.
- Childwatch will only be available at the Northwest location by appointment only. (You can reserve your child's spot using the QR code as well.)
- All equipment must be cleaned prior to and after use.
- Spaces will be marked in the group exercise areas to adhere to social distancing protocols.
- Please visit our website at muncieymca.org for additional information.



VIRTUAL CLASSES

We will be holding classes virtually via Zoom so you can join from anywhere! Join by visiting muncieymca.org/virtual/, type in your Y Keytag barcode to verify your membership, and join any class at your leisure. If you have any issues finding your Y Keytag number call front desk for help.

Downtown 765.288.4448 • Northwest 765.286.0818 • Yorktown 765.759.8963

	CLASS	STARTS	ENDS	INSTRUCTOR	CATEGORY
MON	BODYPUMP®	5:15a	6:15a	Liz	Strength
	AOA Intervals	9:15a	10:00a	Terri	Active Older Adult
	Zumba <i>Beginners Welcome!</i>	11:15a	12:00p	Victoria	Dance
	Cardio Strength <i>Beginners Welcome!</i>	12:15p	1:00p	Jessica	Cardio Strength
	BODYPUMP®	5:30p	6:30p	Patty	Strength
	BODYFLOW®	6:45p	7:45p	Kamna	Mind & Body
TUES	PiYo® <i>Beginners Welcome!</i>	7:45a	8:45a	Cathy	Mind & Body
	Strength	9:00a	9:45a	Terri	Strength
	SilverSneakers® <i>Beginners Welcome!</i>	10:00a	10:45a	Brenda	Active Older Adult
	BODYFLOW®	4:30p	5:15p	Laurie	Mind & Body
	Dance Fitness	6:15p	7:15p	Stacy/Tiffany	Dance
WED	BODYPUMP®	5:15a	6:15a	Liz	Strength
	AOA Intervals <i>Beginners Welcome!</i>	9:15a	10:00a	Terri	Active Older Adult
	Cardio Strength <i>Beginners Welcome!</i>	12:15p	1:00p	Jessica	Cardio Strength
	BODYPUMP®	5:30p	6:30p	Laurie	Strength
	BODYFLOW®	6:45p	7:45p	Kamna	Mind & Body
THURS	PiYo® <i>Beginners Welcome!</i>	7:45a	8:45a	Cathy	Mind & Body
	Strength	9:00a	9:45a	Terri	Strength
	S.S. Yoga Stretch® <i>Beginners Welcome!</i>	10:15a	11:00a	Sandy	Active Older Adult
	BODYFLOW®	4:30p	5:15p	Laurie	Mind & Body
	Dance Fitness	6:15p	7:15p	Stacy/Tiffany	Dance
FRI	Cardio Strength <i>Beginners Welcome!</i>	8:00a	8:45a	Christy	Cardio Strength
	SilverSneakers® <i>Beginners Welcome!</i>	9:15a	10:00a	Sandy	Active Older Adult
	Zumba <i>Beginners Welcome!</i>	11:15a	12:00p	Victoria	Dance
	BODYFLOW® <i>Beginners Welcome!</i>	12:15p	1:00p	Jessica	Mind & Body
	BODYPUMP®	5:30p	6:30p	Patty	Strength
SAT	BODYPUMP®	8:30a	9:15a	Michelle	Strength
	BODYFLOW® <i>Beginners Welcome!</i>	9:30a	10:15a	Jessica	Mind & Body
	Dance Fitness	10:30a	11:30am	Tiffany	Dance