FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

March 2021

DOWNTOWN

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

NORTHWEST

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	Zumba Toning®	9:00a	9:45a	Victoria	Upstairs Studio	Dance
	Zumba®	10:00a	10:45a	Mollie	Upstairs Studio	Dance
	SilverSneakers®	10:45a	11:30a	Sandy	Gymnasium	Active Older Adult
	BODYPUMP®	5:30p	6:30p	Patty	Wellness Center Studio	Strength
TUES	Cycling	5:30a	6:15a	Teresa	Upstairs Studio	Cycling
	Strength	9:00a	9:45a	Terri	Wellness Center Studio	Strength
	Intervals	9:00a	9:45a	Amanda	Upstairs Studio	Cardio Strength
	Zumba Gold®	11:00a	11:45a	Sharon	Gymnasium	AOA Dance
	Strength	11:00a	11:45a	Tiffany	Upstairs Studio	Strength
	Zumba®	5:30p	6:30p	Shelly	Wellness Center Studio	Dance
WED	Zumba®	10:00a	10:45a	Mollie	Upstairs Studio	Dance
	SilverSneakers®	10:45a	11:30a	Sandy	Gymnasium	Active Older Adult
	BODYPUMP®	5:30p	6:30p	Michelle	Wellness Center Studio	Strength
THUR	Cycling	5:30a	6:15a	Teresa	Upstairs Studio	Cycling
	Strength	9:00a	9:45a	Terri	Wellness Center Studio	Strength
	Intervals	9:00a	9:45a	Amanda	Upstairs Studio	Cardio Strength
	Zumba Gold®	11:00a	11:45a	Sharon	Gymnasium	AOA Dance
	Strength	11:00a	11:45a	Tiffany	Upstairs Studio	Strength
	Zumba®	5:30p	6:30p	Lisa	Wellness Center Studio	Dance
FRI	BODYFLOW®	9:00a	10:00a	Terri	Upstairs Studio	Mind & Body
	Zumba®	10:00a	10:45a	Victoria	Wellness Center Studio	Dance
	BODYPUMP®	5:30p	6:30p	Patty	Wellness Center Studio	Strength
SAT	Strength	9:00a	9:45a	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
	AOA Intervals	9:15a	10:00a	Terri	Group Exercise Studio	Active Older Adult
	BODYFLOW®	5:30p	6:30p	Kamna	Group Exercise Studio	Mind & Body
TUES	PiYo®	7:45a	8:45a	Cathy	Group Exercise Studio	Mind & Body
	Strength	9:00a	9:45a	Carly	Group Exercise Studio	Strength
	Intervals	4:45p	5:30p	Kalene	Group Exercise Studio	Cardio Strength
WED	BODYPUMP®	5:15a	6:15a	Liz	Group Exercise Studio	Strength
	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
	SilverSneakers®	9:15a	10:00a	Sandy	Group Exercise Studio	Active Older Adult
	BODYFLOW®	5:30p	6:30p	Kamna	Group Exercise Studio	Mind & Body
THUR	PiYo®	7:45a	8:45a	Cathy	Group Exercise Studio	Mind & Body
	Strength	9:00a	9:45a	Kamna	Group Exercise Studio	Strength
	Intervals	4:45p	5:30p	Kalene	Group Exercise Studio	Cardio Strength
FRI	Cycling	9:15a	10:00a	Pat	Cycling Area	Cycling
	SilverSneakers®	9:15a	10:00a	Sandy	Group Exercise Studio	Active Older Adult

What to expect for in-person classes:

- Participants must reserve an appointment as spaces will be limited due to social distancing. Use the QR code to reserve your spot(s). *You may register for your class(es) up to one week in advance.
- 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!

1. Join by visiting muncieymca.org/virtual/
2. Type in your Y Keytag barcode to verify your membership
3. 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
	Cardio Strength	12:15p	1:00p	Jessica	Cardio Strength
	Dance Fitness	5:45p	6:45p	Stacy	Dance
TUES	PiYo®	7:45a	8:45a	Cathy	Mind & Body
	Strength	9:00a	9:45a	Terri	Strength
	SilverSneakers®	10:00a	10:45a	Brenda	Active Older Adult
	Zumba Gold®	11:00a	11:45a	Sharon	Active Older Adult Dance
	BODYPUMP®	5:30p	6:30p	Tammerrie	Strength
WED	BODYPUMP®	5:15a	6:15a	Liz	Strength
	AOA Intervals	9:15a	10:00a	Terri	Active Older Adult
	Cardio Strength	12:15p	1:00p	Jessica	Cardio Strength
	Dance Fitness	5:45p	6:45p	Stacy	Dance
THURS	PiYo®	7:45a	8:45a	Cathy	Mind & Body
	Strength	9:00a	9:45a	Terri	Strength
	S.S. Yoga Stretch®	10:00a	10:45a	Sandy	Active Older Adult
	Zumba Gold®	11:00a	11:45a	Sharon	Active Older Adult Dance
	BODYPUMP®	5:30p	6:30p	Tammerrie	Strength
FRI	SilverSneakers®	9:15a	10:00a	Sandy	Active Older Adult
	BODYFLOW®	12:15p	1:00p	Jessica	Mind & Body
	BODYPUMP®	5:30p	6:30p	Patty	Strength
SAT	BODYPUMP®	8:30a	9:15a	Michelle	Strength
	BODYFLOW®	9:30a	10:15a	Jessica	Mind & Body
	Dance Fitness	10:30a	11:30am	Stacy	Dance