DOWNTOWN

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | CLASS | STARTS | ENDS | INSTRUCTOR | LOCATION | CATEGORY |
| MON | Cycling  | 5:30a | 6:15a | Terri | Cycling Studio | Cycling |
| SilverSneakers®  | 10:00a | 10:45a | Karen | 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 |
|  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 |
| S.S. Yoga Stretch® | 10:00a | 10:45a | Karen | 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 | SilverSneakers®  | 10:00a | 10:45a | Brenda | 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 |
| Dance Fitness | 8:30a | 9:30a | Stacy | Group Exercise Studio | Dance |
| 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 |
| Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Cardio Strength |
| 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 |
| 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 |
| Yoga | 5:30p | 6:15p | Jasmine | Upstairs Studio | Mind & Body |
| WED | Zumba®  | 10:00a | 10:45a | Mollie | Upstairs Studio | Dance |
| SilverSneakers®  | 10:45a | 11:30a | Sandy | Gymnasium | Active Older Adult |
| Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Cardio Strength |
| 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 |
| 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 |
| Yoga | 5:30p | 6:30p | Jasmine | Upstairs Studio | Mind & Body |
| FRI | BODYFLOW® | 9:00a | 10:00a | Terri | Upstairs Studio | Mind & Body |
| Zumba®  | 10:00a | 10:45a | Victoria | Wellness Center Studio | Dance |
| 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 |
| Cardio Strength | 8:15a | 9:00a | Monica | Group Exercise Studio | Cardio 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 | 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  |
| Cardio Strength | 8:15a | 9:00a | Monica | Group Exercise Studio | Cardio 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 | 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/](https://www.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 | 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 |
| SilverSneakers®  | 9:15a | 10:00a | Sandy | Active Older Adult |
| Cardio Strength  | 12:15p | 1:00p | Jessica | Cardio Strength |
| Dance Fitness | 5:45p | 6:45p | Stacy | Dance |
| THURS | Strength  | 9:00a | 9:45a | Terri | Strength |
| SilverSneakers®  | 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 |
| SAT | BODYPUMP® | 8:30a | 9:15a | Michelle | Strength |
| BODYFLOW®  | 9:30a | 10:15a | Jessica | Mind & Body |
| Dance Fitness  | 10:30a | 11:30am | Stacy | Dance |