DOWNTOWN

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| --- | --- | --- | --- | --- | --- | --- |
|  | CLASS | STARTS | ENDS | INSTRUCTOR | LOCATION | CATEGORY |
| MON | Cycling | 5:30a | 6:15a | Teresa | Cycling Studio | Cycling |
| Dance Fitness | 8:30a | 9:30a | Stacy | Group Exercise | Dance |
| 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 | Teresa | Cycling Studio | Cycling |
| BODYFLOW® | 8:30a | 9:30a | Stacy | Group Exercise Studio | Mind & Body |
| 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 | Teresa | 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 |

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 | Wellness Center Studio | 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 |
| Zumba® | 10:00a | 10:45a | Tiffany | Upstairs Studio | 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 | Wellness Center Studio | Active Older Adult |
| Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Cardio Strength |
| BODYPUMP® | 5:30p | 6:30p | Patty | Wellness Center Studio | Cardio Strength |
| THUR | Cycling | 5:30a | 6:15a | Teresa | Upstairs Studio | Cycling |
| Zumba® | 10:00a | 10:45a | Tiffany | Upstairs Studio | 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 | Jasmine | Upstairs Studio | Mind & Body |
| Zumba Toning® | 9:00a | 9:45a | Victoria | Wellness Center Studio | Dance |
| Zumba® | 10:00a | 10:45a | Victoria | Wellness Center Studio | Dance |
| SAT | Cycling | 8:00a | 8:45a | Casey | Upstairs Studio | Strength |
| Strength | 9:00a | 9:45a | Casey | Upstairs Studio | Cycling |

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 | Sandy/Becky | 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 |
| Zumba Gold® | 11:00am | 11:45am | Sharon | Group Exercise Studio | Dance |
| Intervals | 4:45p | 5:30p | Kalene | Group Exercise Studio | Cardio Strength |
| Cycling | 6:00p | 6:45p | Casey | Cycling Area | Cycling |
| BODYPUMP® | 6:00p | 6:45p | Lauren | Group Exercise Studio | 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 | Strength | 9:00a | 9:45a | Kamna | Group Exercise Studio | Strength |
| Zumba Gold® | 11:00am | 11:45am | Sharon | Group Exercise Studio | Dance |
| Intervals | 4:45p | 5:30p | Kalene | Group Exercise Studio | Cardio Strength |
| Cycling | 6:00p | 6:45p | Casey | Cycling Area | Cycling |
| BODYPUMP® | 6:00p | 6:45p | Lauren | Group Exercise Studio | Strength |
| FRI | Cycling | 9:15a | 10:00a | Pat | Cycling Area | Cycling |
| SilverSneakers® | 9:15a | 10:00a | Sandy | Group Exercise Studio | Active Older Adult |

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

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| --- | --- | --- | --- | --- | --- |
|  | CLASS | STARTS | ENDS | INSTRUCTOR | CATEGORY |
| MON | BODYPUMP® | 5:15a | 6:15a | Liz | Strength |
| AOA Intervals | 9:15a | 10:00a | Sandy/Becky | Active Older Adult |
| Cardio Strength | 12:15p | 1:00p | Jessica | Cardio Strength |
| Dance Fitness | 5:45p | 6:45p | Stacy | Dance |
| Tue | 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 | 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 |
| 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 |