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**DOWNTOWN**

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|  | **CLASS** | **STARTS** | **ENDS** | **INSTRUCTOR** | **LOCATION** | **CATEGORY** |
| **MON** | Cycling  | 5:30a | 6:15a | Teresa | Cycling Studio | Cycling |
| SilverSneakers®  | 10:00a | 10:45a | Karen | Gymnasium | Active Older Adult |
| Strength Intervals  | 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 |
| Cardio Strength  | 5:45p | 6:45p | Casey | Group Exercise Studio | Strength  |
| Cycling | 5:30p | 6:15p | Michelle | Cycling Studio | Cycling |
| **WED** | Cycling  | 5:30a | 6:15a | Teresa | Cycling Studio | Cycling |
| S.S. Yoga Stretch® | 10:00a | 10:45a | Karen | Gymnasium | Active Older Adult |
| Strength Intervals  | 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 |
| Cardio Strength  | 5:45p | 6:45p | Casey | Group Exercise Studio | Strength |
| **FRI** | Cycling  | 5:30a | 6:15a | Teresa | Cycling Studio | Cycling |
| Dance Fitness | 8:30a | 9:15a | 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**

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|  | **CLASS** | **STARTS** | **ENDS** | **INSTRUCTOR** | **LOCATION** | **CATEGORY** |
| **MON** | Zumba Toning®  | 9:00a | 9:45a | Victoria | Upstairs Studio | Dance |
| Intervals | 9:00a | 9:45a | Tom | Wellness Center Studio | Cardio Strength  |
| 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 |
| Cardio Strength  | 5:30p | 6:30p | Patty | Wellness Center Studio | Cardio 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 |
| BODYPUMP® | 4:30p | 5:15p | Laurie | Wellness Center Studio | Strength  |
| Zumba®  | 5:30p | 6:30p | Shelly | Wellness Center Studio | Dance |
| Yoga | 5:30p | 6:30p | Jasmine | Upstairs Studio | Mind & Body |
| **WED** | Intervals | 9:00a | 9:45a | Tom | Wellness Center Studio | Cardio Strength  |
| Zumba®  | 10:00a | 10:45a | Mollie | Upstairs Studio  | Dance |
| SilverSneakers®  | 10:45a | 11:30a | Sandy | Wellness Center Studio | Active Older Adult |
| BODYPUMP® | 11:45a | 12:45a | Tammerrie | Wellness Center Studio | Strength |
| BODYFLOW® | 1:15p | 2:15p | Tammerrie | Upstairs Studio | Mind & Body |
| Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Cardio Strength |
| Cardio Strength  | 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 |
| BODYPUMP® | 4:30p | 5:15p | Laurie | Wellness 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 |
| SilverSneakers®  | 11:00a | 11:45a | Sandy | Wellness Center Studio | Active Older Adult |
| **SAT** | Cycling  | 8:00a | 8:45a | Casey | Upstairs Studio  | Strength |
| Strength | 9:00a | 9:45a | Casey | Upstairs Studio | Cycling |

**YORKTOWN**

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|  | **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 | Becky | Group Exercise Studio | Active Older Adult |
| BODYFLOW® | 5:30p | 6:30p | Kamna  | Group Exercise Studio | Mind & Body  |
| Cardio Boxing | 6:45p | 7:45p | Christine/Raean | Group Exercise Studio | Cardio Strength |
| **TUES** | Cycling | 5:30a | 6:15a | Stephenie | Cycling Area | Cycling |
| 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 |
| 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** | Cycling | 5:30a | 6:15a | Stephenie | Cycling Area | Cycling |
| 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 |
| 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 |
| **SAT** | Cycling | 8:15a | 9:00a | Kalene | Cycling Area | Cycling |

**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 the time stated below

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 | Becky | Active Older Adult |
| Strength Intervals  | 12:15p | 1:00p | Jessica | Cardio Strength |
| **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 |
| Strength Intervals  | 12:15p | 1:00p | Jessica | Cardio Strength |
| **THUR** | 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 |