



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# May 2024 Group Ex Schedule Northwest

## Monday

CLASS TIME	CLASS NAME	LOCATION
5:15-6:15am	<b>BODYPUMP</b> Liz S.	Wellness Studio
6:30-7:15am	<b>Intervals</b> Audra	Wellness Studio
9-9:45am	<b>Zumba Toning</b> Victoria	Wellness Studio
10-10:45am	<b>Zumba</b> Mollie	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Kathy	Gymnasium
4:30-5:15pm	<b>Cardio Strength</b> Liz W.	Wellness Studio
5:45-6:30pm	<b>Dance Fitness</b> Stacy	Wellness Studio

## Tuesday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	<b>Cycling</b> Stephenie	Upstairs Studio
6:30-7:15am	<b>Barbell Class</b> Audra	Wellness Studio
10-10:45am	<b>Zumba</b> Tiffany C.	Wellness Studio
11-11:45am	<b>Strength</b> Tiffany C.	Wellness Studio
5:30-6:30pm	<b>Zumba</b> Shelly	Basketball Court
5:30-6:30pm	<b>Yoga</b> Jasmine	Upstairs Studio

## Wednesday

CLASS TIME	CLASS NAME	LOCATION
5:15-6:15am	<b>BODYPUMP®</b> Liz S.	Wellness Studio
6:30-7:15am	<b>Intervals</b> Audra	Wellness Studio
9-9:45am	<b>Dance Fitness</b> Tiffanie L.	Upstairs Studio
10-10:45am	<b>Zumba</b> Mollie	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Sandy E.	Gymnasium
4:30-5:15pm	<b>Cardio Strength</b> Liz W.	Wellness Studio
5:30-6:15pm	<b>Cycling</b> Casey	Upstairs Studio

## Thursday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	<b>Cycling</b> Stephenie	Upstairs Studio
6:30-7:15am	<b>Barbell Class</b> Audra	Wellness Studio
10-10:45am	<b>Zumba</b> Tiffany C.	Wellness Studio
11-11:45am	<b>Strength</b> Tiffany C.	Wellness Studio
5:30-6:30pm	<b>Dance Fitness</b> Connie H.	Basketball Court
5:30-6:30pm	<b>BODYBALANCE®</b> Jasmine	Upstairs Studio



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# May 2024 Group Ex Schedule Northwest

## Friday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Zumba Toning</b> Victoria	Wellness Studio
10-10:45am	<b>Zumba</b> Victoria	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Sandy E.	Gymnasium

## Saturday

CLASS TIME	CLASS NAME	LOCATION
8-8:45am	<b>Cycling</b> Casey	Upstairs Studio
9-9:45am	<b>Strength</b> Casey	Wellness Studio
10-10:45am	<b>Cardio Dance</b> Audra/Connie H.	Wellness Studio
11-11:45am	<b>Dance Fitness</b> Stacy	Upstairs Studio



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# May 2024 Group Ex Schedule

## MCHS Fieldhouse

### Monday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room

### Tuesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
12:15-12:45pm	Cardio Kickboxing Jama	Hospitality Room
5:45-6:45pm	BODYPUMP® Connie T.	Hospitality Room

### Wednesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11am	S.S Yoga Stretch® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room
5:45-6:30pm	Dance Fitness Stacy	Hospitality Room

### Thursday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
12:15-12:45pm	Cardio Kickboxing Jama	Hospitality Room
5:45-6:45pm	BODYPUMP® Connie T.	Hospitality Room

### Friday

CLASS TIME	CLASS NAME	LOCATION
12:15-1pm	BODYBALANCE® Jessica	Hospitality Room

### Saturday

CLASS TIME	CLASS NAME	LOCATION
8:30-9:15am	BODYPUMP® Michelle	Hospitality Room
9:30-10:15am	BODYBALANCE® Jessica	Hospitality Room

#### ATTENTION

MCHS Fieldhouse will be closed to YMCA members the following dates/times:

**May 6:** no classes at fieldhouse

**May 7:** 10:30 Silversneakers and 12:15 Cardio Kickboxing cancelled. 5:45pm BodyPump will resume.

**May 8:** 10:30am Silversneakers and 12:15 Strength Intervals cancelled. 5:45pm Dance Fitness will resume.

**May 9:** no classes at fieldhouse

**May 10:** no classes at fieldhouse

**May 11:** no classes at fieldhouse

**May 13:** no classes at fieldhouse

**May 14:** 10:30 Silversneakers and 12:15 Cardio Kickboxing cancelled. 5:45pm BodyPump will resume.

**May 15:** 10:30am Silversneakers and 12:15 Strength Intervals cancelled. 5:45pm Dance Fitness will resume.

**My 16:** No classes at fieldhouse



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# May 2024 Group Ex Schedule

## Yorktown

### Monday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Carly	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Loretta	Group Exercise Studio
5:30-6:30pm	<b>BODYBALANCE®</b> Kamna	Group Exercise Studio

### Tuesday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Strength</b> Carly	Group Exercise Studio
11-11:45am	<b>Zumba Gold®</b> Victoria	Group Exercise Studio
4:45-5:30pm	<b>Intervals</b> Kalene	Group Exercise Studio
6-6:45pm	<b>BODYPUMP®</b> Lauren	Group Exercise Studio

### Wednesday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Carly	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Sandy E.	Group Exercise Studio
5:30-6:30pm	<b>BODYBALANCE®</b> Kamna	Group Exercise Studio
6:45-7:45pm	<b>Cardio Boxing</b> Raeen	Group Exercise Studio

### Thursday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Strength</b> Kamna	Group Exercise Studio
11-11:45am	<b>Zumba Gold®</b> Sharon	Group Exercise Studio
4:45-5:30pm	<b>Intervals</b> Kalene	Group Exercise Studio
6-6:45pm	<b>BODYPUMP®</b> Lauren	Group Exercise Studio
7-7:45pm	<b>Dance Fitness</b> Donica	Group Exercise Studio

### Friday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Pat	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Sandy E.	Wellness Studio

### Saturday

CLASS TIME	CLASS NAME	LOCATION
8:15-9am	<b>Cycling</b> Kalene	Cycling Area