

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

Schedule Updated: 02/25/2020

## MORNING (AM)

**MONDAY**

**BODYPUMP®**  
6:00 - 6:55  
Danielle (A&B) ◆

**EXERCISE LITE**  
7:00 - 7:55  
Patty (A&B) ★ GS ♥

**GENTLE YOGA**  
8:00 - 8:55  
Michelle S. (C) ♥

**BARRE/STRENGTH**  
8:00 - 8:55  
Eliis (B)

**CARDIO BLAST**  
9:00 - 9:55  
Michelle S. (B)

**CYCLING**  
9:00 - 9:50  
Bob (A)

**PILATES**  
9:00 - 9:55  
Eliis (C)

**DANCE!**  
**LINE DANCING**  
10:00 - 10:55  
Cappie (C)

**HIIT**  
10:00 - 10:50  
Michelle G. (B)

**CHAIR YOGA/  
FOREVER FIT**  
11:00 - 11:55  
Christine (A&B) ★ GS ♥

**POWER YOGA**  
11:30 - 12:30  
Nancy (C) 😊

**TUESDAY**

**CYCLING**  
6:00 - 6:50  
Bob (A&B)

**HATHA YOGA**  
8:00 - 8:55  
David (C)

**TRX HIIT**  
8:05 - 8:55  
Michelle G.(A&B)

**EXTREME FIT**  
9:00 - 9:55  
Michelle G (Rec Field)

**STEP**  
9:00 - 9:55  
Cappie (A&B) IA

**STROLLER JAM**  
9:30 - 10:30  
Maggie (SHEPHERD  
YMCA FIREHOUSE)

**BALANCE & STRETCH**  
10:00 - 10:55  
Melissa (C) ★ GS ♥

**STRENGTH**  
10:00 - 10:55  
Cappie (A&B)

**FOAM ROLLER**  
11:00 - 11:45  
Valerie (C) ★ GS

**DANCE! SPIRIT GROOVE**  
11:15 - 12:10  
Melissa (A&B)

**GENTLE YOGA**  
11:45 - 12:30  
Valerie (C) ♥

**WEDNESDAY**

**STRENGTH**  
5:55 - 6:55  
Jo (A&B)

**BODYPUMP®**  
6:10 - 7:05  
Francesca  
(SHEPHERD YMCA  
FIREHOUSE) ◆

**STRETCH/STRENGTH**  
7:00 - 7:55  
David (C)

**EXERCISE LITE** **NEW!**  
7:00 - 7:55  
Patty (A&B)

**ZUMBA®**  
8:00 - 8:55  
Eileen (A&B) 😊

**BARRE**  
8:00 - 8:55  
Eliis (C)

**BODYPUMP®**  
9:00 - 9:55  
Stef (A/B) ◆

**YOGA**  
9:00 - 9:55  
Shauna (C)

**EXERCISE LITE**  
9:00 - 9:50  
Claire (D)

**GENTLE YOGA**  
10:00 - 10:55  
Christine (C) ♥ 7+

**HIIT EXPRESS**  
10:00 - 10:25  
Tanya (Rec Field) 7+

**CYCLING**  
10:05 - 10:55  
Chiara (A) 7+

**CORE FIT**  
10:30 - 10:55  
Tanya (B)

**MEDITATION**  
11:00 - 11:45  
Christine (C) ♥

**FOREVER FIT**  
11:00 - 11:55  
Eliis (A&B) ♥

**THURSDAY**

**CYCLING**  
6:00 - 6:50  
Bob (A&B)

**EXERCISE LITE**  
7:00 - 7:55  
Patty (A&B) ★ GS ♥

**GENTLE YOGA**  
8:00 - 8:55  
Brittany (C) 7+ ♥

**TRX CYCLING**  
8:05 - 8:55  
Maggie (A&B)

**PILATES/YOGA FUSION**  
9:00 - 9:55  
Michelle (C)

**DANCE!**  
9:00 - 10:00  
Gail (D)

**STRENGTH**  
9:00 - 9:55  
Michelle G (A&B)

**STROLLER JAM**  
9:30 - 10:30  
Maggie (FRONT ENT.)

**HIIT**  
10:00 - 10:55  
Cappie (A&B)

**BALANCE & STRETCH**  
10:00 - 10:55  
Michelle D. (C) ♥

**PRESCHOOL YOGA**  
10:45am - 11:15am  
Maggie (D)  
Ages 0 to 5 w/Parent

**YOGA / EXPRESS**  
11:00 - 11:25  
Cappie (C)

**DANCE! SPIRIT GROOVE**  
11:15 - 12:10  
Joy (A/B)

**PILATES**  
11:30 - 12:30  
Jill (C)

**FRIDAY**

**BODYPUMP®**  
6:00 - 6:55  
Danielle (A&B) ◆

**EXERCISE LITE**  
7:00 - 7:55  
Patty (A&B) ★ GS ♥

**GENTLE YOGA**  
8:00 - 8:55  
David (C) ♥

**BARRE/STRENGTH**  
8:00 - 8:55  
Michelle D. (B)

**CYCLING**  
8:00 - 8:50  
Sgt. Sam (A) 7+

**ZUMBA STRONG®**  
9:00 - 9:55  
Eileen (C) IA

**CARDIO BLAST**  
9:00 - 9:55  
Michelle S. (A&B)

**PILATES**  
9:00 - 9:55  
Michelle (D)

**CYCLING**  
10:00 - 10:55  
Chiara (A)

**CARDIO DANCE!**  
10:00 - 10:55  
Eliis (B) 😊

**PRE-K YOGA**  
10:15 - 10:50  
Christine (D)

**FOREVER FIT** ♥  
11:00 - 11:55  
Christine (A&B) ★ GS

**HATHA YOGA** IA  
12:00 - 1:15  
Valerie Z. (C)

**SATURDAY**

**CYCLING**  
7:15 - 8:10  
Bob (A&B) 7+

**ZUMBA STRONG®**  
8:00 - 8:55  
Eileen (C)

**BOOTCAMP** 7+  
8:00 - 9:00  
Rodney (Rec Field)

**BODYPUMP®**  
8:30 - 9:25  
Kylee (A&B) ◆

**STEP**  
9:00 - 9:55  
Joanna (C)

**EXTREME FIT** 7+  
9:30 - 10:25  
Kylee (A&B)

**VINYASA YOGA**  
10:00 - 10:55  
Sylvia C. (C)

**ZUMBA®**  
10:30 - 11:25  
Ashley (A&B)

**CORE FIT**  
11:30 - 11:55  
Bryan (A&B)

**SUNDAY**

**TRX**  
7:30 - 8:20  
Sam (A&B)

**YOGA** 7+  
8:30 - 9:25  
Brittany (C)

**CYCLING**  
8:30 - 9:25  
Sgt. Sam (A&B)

**HATHA YOGA**  
9:30 - 10:45  
David (C)

**BODYCOMBAT®** 7+  
9:30 - 10:25  
Jessica (AB)

**DANCE!**  
**SPIRIT GROOVE**  
10:30 - 11:25  
Joy (A/B)

**MEDITATION**  
10:45 - 11:15  
David (C)

**\*Please arrive to class at scheduled time**

Schedule subject to change without prior notice

PLEASE NOTE: Shaded classes are under review for attendance.

### LOCATIONS

A - Studio A      D - Studio D  
 B - Studio B      A&B - Studio A and B  
 C - Marion So Studio      WC - Wellness Center

- 😊 **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+ **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- ★ **GETTING STARTED** A great place to begin or restart your exercise program.
- IA **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

## AFTERNOON (PM)

**MONDAY**

**BODYPUMP®**  
12:00 - 1:00 ◆  
Chiara (A&B)

**POWER YOGA**  
3:30 - 4:45 IA  
Melinda (C)

**STEP**  
4:30 - 5:25  
Joanna (A&B)

**BODYPUMP®**  
5:30 - 6:25 ◆  
Felicia (A&B)

**BARRE**  
5:30 - 6:30 😊  
Joanna (C)

**ZUMBA®**  
6:35 - 7:30 7+  
Ashley (A&B)

**HATHA YOGA**  
6:30 - 7:25  
Nancy (C)

**CORE FIT**  
6:30 - 7:00  
Alex (WC)

**TUESDAY**

**BODYCOMBAT® EXPRESS**  
12:30 - 1:00  
Patrick (A/B)

**TAI CHI/INTRO \*\***  
1:00 - 1:55 GS ♥  
Marla (C)

**HIIT**  
4:30 - 5:25  
Maggie (B)

**CYCLING**  
5:30 - 6:20  
Gayle (A)

**BODYCOMBAT®**  
5:30 - 6:25  
Jessica D. (B)

**PILATES / YOGA FUSION**  
6:00 - 6:50  
Maggie (C)

**BODYPUMP®**  
6:30 - 7:25 ◆  
Lena (A&B)

**RESTORATIVE YOGA**  
7:00 - 7:55  
Jenny (C)

**WEDNESDAY**

**BODYPUMP® EXPRESS**  
12:10 - 12:55 ◆  
Stef (A/B)

**POWER YOGA**  
3:30 - 4:45  
Melinda (C)

**HATHA YOGA**  
5:30 - 6:25  
Jenny (C)

**BODYPUMP®** GS ◆  
5:30 - 6:25  
Kylee (A&B)

**ZUMBA®**  
6:30 - 7:25  
Gennifer (A&B)

**BARRE**  
6:30 - 7:25  
Jessica (C)

**U-JAM**  
7:30 - 8:25  
Tom (A/B)

**THURSDAY**

**BODYCOMBAT® EXPRESS**  
12:25 - 12:55  
Patrick (A/B)

**BALANCE & STRENGTH** ♥  
1:00 - 1:55  
Elijah (A)

**POSTURE PERFORMANCE** IA  
5:00 - 5:30  
Alex (A/B)

**HIIT/TRX**  
5:30 - 6:25  
Justin (A&B)

**PILATES/YOGA FUSION**  
6:00 - 6:55  
Christine (C)

**HIIT/CORE**  
6:30 - 7:25  
Bryce (A/B)

**RESTORATIVE YOGA**  
7:00 - 7:55  
Christine (C)

**MEDITATION** NEW!  
8:00 - 8:25  
Christine (C)

**FRIDAY**

**BODYPUMP®** IA ◆  
12:00 - 1:00  
Stef (A&B)

**HATHA YOGA** IA  
12:00 - 1:15  
Valerie Z. (C)

**ZUMBA®**  
5:30 - 6:25  
Gennifer (A&B)

**POWER YOGA**  
5:45 - 7:00  
Melinda (C)

**BODYPUMP®** ◆  
6:30 - 7:25  
Lena (B)

**SATURDAY**

**U-JAM**  
12:00 - 12:55  
Tom (B)

**SUNDAY**



### SPECIALTY CLASSES

Interested in specialty classes like Glide, Synergy, and Nutrition Classes?

Ask our front desk!  
Fees vary by program.

### HOURS

#### FACILITY

**Monday - Thursday**  
5:00am - 10:00pm

**Friday**  
5:00am - 9:00pm

**Saturday/Sunday**  
7:00am - 6:00pm

#### CHILD WATCH

**Monday - Thursday**  
8:00am - 1:00pm • 3:00 - 7:30pm

**Friday**  
8:00am - 1:00pm • 3:00 - 5:00pm

**Saturday/Sunday**  
8:00am - 1:00pm

#### ADVENTURE CENTER

Ages 6-12

**Monday - Thursday**  
4:00pm - 7:30pm

**Saturday**  
8:00am - 11:00am