

GROUP EXERCISE SCHEDULE

FAMILY YMCA OF EMPORIA-GREENSVILLE

MAY 10 – AUG. 31, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – Pilates [^] Brenda (1) B/ I	6:00 – Body Sculpting [^] Shannon (1) B/I	6:00 – Pilates [^] Brenda (1) B	6:00 – Body Sculpting [^] Shannon (1) B/I	6:00 – Cycling Brenda (CYL) B/I	
8:15 – Cardio Express [^] Amy (1) B/I	8:15 – Interval Training [^] Amy (1) B/I	8:15 – Zumba [®] Amy (1) B/I	8:15 – Upper Body and Core [^] Amy (1) B/I	8:15 - Cardio Low [^] Amy (1) B/I	
9:00 – MELT [®] (Rollers) Joy (1) B *See Description	9:00 – Yoga Sculpt [^] Amy (1) B/I	9:00 – MELT [®] (Balls) Joy (1) B *See Description	9:00 - Barre above [®] Amy (1) B/I	9:00 – MELT [®] (Balls) Joy (1) B	9:00 See separate flier available at the Member Services Desk
9:00 – Upper Body and Core [^] Amy (G) B/ I	9:00 – Fitball Toning Brenda (G) B/I	9:00 – Cardio Sculpt Amy (G) B/I	9:00 - Line Dancing [^] Martha (G) B	9:00 – Total Body Blast [^] Amy (G) B/I	
10:00 - SS Classic [^] Brenda (1) B	10:00 - Chair Yoga [^] Brenda (1) B	10:00 - SS Classic [^] Brenda (1) B	10:00 Barre Chair [^] Amy (1) B	10:00 - SS Classic [^] Shannon (1) B	
11:00 - SS Circuit [^] Shannon (1) B	11:00 – Line Dancing [^] Martha (1) B	11:00 - SS Circuit [^] Shannon (1) B			
5:30 - Body Sculpting [^] Shannon (1) B/I	5:30 – Intro to Cycling Brenda (CYL) B	5:30 Fitball Toning [^] Brenda (1) B/I	5:30 Cycling Brenda (CYL) I/A		
5:30 - POUND [®] Joy (G) B	5:30 – Barre above [®] Amy (1) B/I	5:30 - POUND [®] Joy (G) B	5:30 – Cardio Sculpt Amy (1) B/I		
6:15 – Yoga [^] Joy (1) B/I/A	6:15 – Interval Training [^] Amy (1) B	6:15 – Yoga [^] Joy (1) B/I/A	6:15 – HIIT [^] Shannon (1) I/A		

KEY
(^) Zoom
(1) - Group Fitness Studio 1
(G) - Gym
(CYL) – Cycling Studio
B BEGINNER LEVEL
I INTERMEDIATE LEVEL
A ADVANCED LEVEL

Select classes are available via Zoom. To receive Zoom meeting ID's and passwords, please contact Member Services at 334-348-9622.

See separate flier for Lawrenceville classes.

Classes are subject to change. See our Facebook page for the latest updates. Closed toe athletic shoes are required for all classes except for Barre, Pilates, Roll and Release and Yoga.

Family YMCA of Emporia/Greensville
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 434-348-9622 www.emporiagreensvilleyymca.org