



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASS SCHEDULE DECEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Cycle Angie		Cycle Angie		Cycle Randy		
8:00	Ripped Colleen	Cardio Blast Colleen	Mat Pilates Suzanne	Cardio Chisel Colleen	Absolution Carrie *	Bootcamp Jannelle	
8:00	Cycle Mary Ann	Pilates Basics Suzanne *	Cycle Jackie	Pilates Basics Suzanne *	Cycle Jackie		
8:30	Silver Intro Sunni *	Abtastic Colleen	Silver Intro Sunni *		Silver Intro Sunni		
9:00		Reformer June		Reformer June	Barre Flow Carrie *	The Mix Jannelle	
9:00	Barre Flow Suzanne *	TNT Mary Ann	Bfit & Strong Colleen	TNT Mary Ann		Pilates June *	
9:30							
10:00	Line Dance Christine	Silver Bullets Christine		Silver Bullets Christine	Line Dance Christine		
10:00	Total Body Dillon *		Total Body Dillon *				
10:30		Yoga June *		Barre Basics June *		Barre Suzanne *	
11:00	Silversneakers Tammy *		Silversneakers Tammy *				
12:30	Cardio Blast Colleen		Cardio Blast Colleen				
4:00	Yoga Basics June *		Yoga Basics June *				Instructor's Choice 4:00PM
4:30	Interval Jan	WERQ Anna	Ripped Colleen	WERQ Anna	The Mix Julie		
4:30							
5:00	Barre Flow Carrie *		Interval Jan *				
5:30	The Mix Deanna	Bootcamp JoAnn	Fitmix JoAnn	TNT JoAnn			
5:30		Sculpt Jan *		Sculpt Jan *			
6:00	Pilates June *		Pilates June *				
6:00	Cycle Jackie	Cycle Johnathan	Cycle Johnathan	Cycle Jackie			
6:30	Power Yoga Jennifer	Yoga June *	Power Yoga Jennifer	Yoga June *			
6:30							

## HOLIDAY SCHEDULE

Christmas Eve - Closed  
Christmas Day - Closed  
New Years Eve - Open until 5:00pm  
New Years Day - Closed



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GREENWOODYMCA.ORG

Classes with \* will take place in Studio 2  
Classes with will take place in Spin Room

TRX
TRX CLASSES AND TRAINING  
BEGIN DECEMBER 17, 2018
TRX