



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASS SCHEDULE FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		<b>BTRX</b> Matt A					
5:30	<b>Cycle</b> Angie		<b>Cycle</b> Angie				
6:00	<b>BTRX</b> Matt		<b>BTRX</b> Matt		<b>Cycle</b> Randy		
8:00	<b>Ripped</b> Colleen	<b>Cardio Blast</b> Colleen	<b>BTRX</b> Suzanne	<b>Cardio Chisel</b> Colleen	<b>Silver Intro</b> Sunni	<b>Bootcamp</b> Jannelle	
8:00	<b>Cycle</b> Mary Ann	<b>Pilates Basics</b> Suzanne	<b>Cycle</b> Jackie	<b>Pilates Basics</b> Suzanne	<b>Cycle</b> Mary Ann		
8:00	<b>Silver Intro</b> Sunni		<b>Silver Intro</b> Sunni				
8:30		<b>Abtastic</b> Colleen			<b>Core</b> Carrie		
9:00	<b>Barre Flow</b> Suzanne	<b>Reformer</b> June		<b>Reformer</b> June	<b>Barre Flow</b> Carrie	<b>Kickboxing</b> Jannelle	
9:00		<b>Strength &amp; Stretch</b> Mary Ann	<b>Bfit &amp; Strong</b> Colleen	<b>Strength &amp; Stretch</b> Mary Ann		<b>Pilates</b> June	
9:30	<b>TRX (Intro)</b> Clint		<b>TRX (Intro)</b> Clint				
10:00		<b>Silver Bullets</b> Christine		<b>Silver Bullets</b> Christine	<b>Line Dance (Intro)</b> Christine		
10:00	<b>Total Body</b> Dillon	<b>BTRX</b> Matt A	<b>Total Body</b> Dillon	<b>BTRX</b> Matt A	<b>Total Body</b> Dillon	<b>Barre</b> Suzanne	
10:30	<b>Line Dance</b> Christine	<b>Yoga</b> June		<b>Barre Basics</b> June	<b>Line Dance</b> Christine		
11:00	<b>Silversneakers</b> Tammy		<b>Silversneakers</b> Tammy				
12:15	<b>Cardio Blast</b> Colleen		<b>Cardio Blast</b> Colleen				
4:00	<b>Yoga Basics</b> June		<b>Yoga Basics</b> June		<b>TRX (Intro)</b> Clint		Instructor's Choice 4:00PM
4:30	<b>Interval</b> Jan (In APG)	<b>WERQ</b> Anna	<b>Ripped</b> Colleen	<b>WERQ</b> Anna	<b>TRX (Int/Adv)</b> Jan		
5:00	<b>Barre Flow</b> Carrie		<b>Interval (4:30)</b> Jan (In APG)		<b>The Mix (4:30)</b> Julie		
5:30	<b>The Mix</b> Jannelle	<b>Sculpt</b> Jan	<b>Fitmix</b> JoAnn	<b>Sculpt</b> Jan	<b>BTRX</b> Jan		
5:30	<b>BTRX</b> Jan		<b>BTRX</b> Jan				
5:30		<b>Bootcamp</b> JoAnn		<b>TNT</b> JoAnn			
6:00	<b>Pilates</b> June		<b>Pilates</b> June				
6:00	<b>Cycle</b> Johnathan	<b>Cycle</b> Johnathan	<b>Cycle</b> Johnathan	<b>Cycle</b> Jackie			
6:15		<b>BTRX</b> Matt A					
6:30	<b>Power Yoga</b> Jennifer	<b>Yoga</b> June	<b>Power Yoga</b> Jennifer	<b>Yoga</b> June			

**INSTRUCTOR'S  
CHOICE**

Feb 3 - Fitmix with JoAnn  
Feb 10 - TRX with Matt A  
Feb 17 - Barre with Suzanne  
Feb 24 - Spin with Johnathan



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[GREENWOODYMCA.ORG](http://GREENWOODYMCA.ORG)

**Classes with will take place in Studio 2**  
**Interval class taking place in Athletic Performance Gym (APG)**

**\*TRX CLASSES WILL BE HELD IN ATHLETIC PERFORMANCE GYM**  
**\*YOU MUST ATTEND "TRX INTRO" CLASS BEFORE GOING TO REGULAR "TRX" CLASS. BTRX = BEGINNERS**