



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS SCHEDULE JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Cycle Angie		Cycle Angie				
6:00	BTRX Matt		BTRX (Begins 1/9) Matt		Cycle Randy		
8:00	Ripped Colleen	Cardio Blast Colleen	BTRX (Begins 1/9) Suzanne	Cardio Chisel Colleen	Silver Intro Sunni	Bootcamp Jannelle	
8:00	Cycle Mary Ann	Pilates Basics Suzanne	Cycle Jackie	Pilates Basics Suzanne	Cycle Mary Ann		
8:00	Silver Intro Sunni		Silver Intro Sunni				
8:30		Abtastic Colleen			Core Carrie		
9:00	Barre Flow Suzanne	Reformer June		Reformer June	Barre Flow Carrie	Kickboxing Jannelle	
9:00		Strength & Stretch Mary Ann	Bfit & Strong Colleen	Strength & Stretch Mary Ann		Pilates June	
9:30	TRX (Intro) Clint		TRX (Intro) Clint				
10:00		Silver Bullets Christine		Silver Bullets Christine	Line Dance (Intro) Christine		
10:00	Total Body Dillon	BTRX Matt A	Total Body Dillon	BTRX (Begins 1/10) Matt A		Barre Suzanne	
10:30	Line Dance Christine	Yoga June		Barre Basics June	Line Dance Christine		
11:00	Silversneakers Tammy		Silversneakers Tammy				
12:15	Cardio Blast Colleen		Cardio Blast Colleen				
4:00	Yoga Basics June		Yoga Basics June		TRX (Intro) Clint		Instructor's Choice 4:00PM
4:30	Interval Jan	WERQ Anna	Ripped Colleen	WERQ Anna	TRX (Int/Adv) Jan		
5:00	Barre Flow Carrie		Interval Jan		The Mix (4:30) Julie		
5:30	The Mix Jannelle	Sculpt Jan	Fitmix JoAnn	Sculpt Jan	BTRX Jan		
5:30	BTRX Jan		BTRX Jan				
5:30		Bootcamp JoAnn		TNT JoAnn			
6:00	Pilates June		Pilates June				
6:00	Cycle Johnathan	Cycle Johnathan	Cycle Johnathan	Cycle Jackie			
6:30	Power Yoga Jennifer	Yoga June	Power Yoga Jennifer	Yoga June			



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GREENWOODYMCA.ORG

Classes with will take place in Studio 2

Classes with will take place in Spin Room



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

