

GROUP EXERCISE SCHEDULE

NOVEMBER 2024



| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|--|
| <p>ALL CLASSES ARE 60 MINUTES UNLESS NOTED: ** = 45 MINUTE CLASS * = 30 MINUTE CLASS</p> <p>INCLEMENT WEATHER POLICY ALL Land Group Exercise Classes will be cancelled if the Marshfield School District dismisses early or cancels school due to inclement weather. For weather related closings and cancellations, check our Facebook and/or Instagram page, website, or contact the Y.</p> | | <p>GROUP EXERCISE CLASSES ARE FREE TO Y MEMBERS. INQUIRE ABOUT DAY PASS FEES FOR NON-MEMBERS.</p> <p>Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class.</p> <p>Download our mobile app to access our online class reservations. Search: "Marshfield YMCA" available on the app store or google play.</p> | | <p>1 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**</p> | <p>2 7:30am Zumba</p> |
| <p>4 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Intervals* 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*</p> | <p>5 5:30am Cycling/HIIT Combo 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 9:30am MX4 Intervals* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba</p> | <p>6 5:15am MX4 Intervals* 6:00am MX4 Intervals* 6:45am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am SilverSneakers Strength Lite** 12:00pm MX4 Intervals* 4:00pm Yoga 5:30pm MX4 Intervals* 6:00pm Zumba Toning 6:15pm MX4 Intervals*</p> | <p>7 5:30am Cycling** 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability** 5:30pm Yoga</p> | <p>8 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**</p> | <p>9 7:30am Zumba</p> |
| <p>11 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Intervals* 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*</p> | <p>12 5:30am Cycling/HIIT Combo 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 9:30am MX4 Intervals* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba</p> | <p>13 5:15am MX4 Intervals* 6:00am MX4 Intervals* 6:45am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am SilverSneakers Strength Lite** 12:00pm MX4 Intervals* 4:00pm Yoga 5:30pm MX4 Intervals* 6:00pm Zumba Toning 6:15pm MX4 Intervals*</p> | <p>14 5:30am Cycling** 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability** 5:30pm Yoga</p> | <p>15 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**</p> | <p>16 7:30am Zumba</p> |
| <p>18 5:30am HIIT 6:45am MX4 Intervals* 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Intervals* 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*</p> | <p>19 5:30am Cycling/HIIT Combo 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 9:30am MX4 Intervals* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba</p> | <p>20 5:15am MX4 Intervals* 6:00am MX4 Intervals* 6:45am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am SilverSneakers Strength Lite** 12:00pm MX4 Intervals* 4:00pm Yoga 5:30pm MX4 Intervals* 6:00pm Zumba Toning 6:15pm MX4 Intervals*</p> | <p>21 5:30am Cycling** 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability** 5:30pm Yoga</p> | <p>22 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**</p> | <p>23 7:30am Zumba</p> |
| <p>25 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Intervals* 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*</p> | <p>26 5:30am Cycling/HIIT Combo 6:30am MX4 Intervals* 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 9:30am MX4 Intervals* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba</p> | <p>27 5:15am MX4 Intervals* 6:00am MX4 Intervals* 6:45am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 9:15am SilverSneakers Classic** 10:15am SilverSneakers Strength Lite** 12:00pm MX4 Intervals* 4:00pm Yoga 5:30pm MX4 Intervals* 6:00pm Zumba Toning 6:15pm MX4 Intervals*</p> | <p>28 Happy Thanksgiving THE Y IS CLOSED Festival Foods Turkey Trot at 8 am at Marshfield High School Register at www.festivalfoodsturkeytrot.com</p> | <p>29 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**</p> | <p>30 7:30am Zumba</p> |

GROUP EXERCISE SCHEDULE BY INSTRUCTOR

Instructor list subject to change based on sub requests and fulfillment. Check GroupExPro.com for most up-to-date instructor per class.

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|-----------|-------------------------------------|---|---|-----------------------------------|
| Amy N | Cycling | Thursdays | 5:30 am | Studio C – 12 Participants Max |
| Catie P | MX4 Intervals | Mondays & Wednesdays Tuesdays Wednesdays Thursdays | 6:45 am 6:30 & 9:30 am 5:30 & 6:15 pm 6:30 am | Studio D – 8 Participants Max |
| Jane S | Strong You | Mondays & Fridays | 10:15 am | Small Gym – 25 Participants Max |
| Jessica L | Cycling/HIIT Combo | Tuesdays | 5:30 am | Studio A+C – 12 Participants Max |
| Karla P | Zumba | Tuesdays | 6:00 pm | Studio A – 16 Participants Max |
| | Zumba Toning | Wednesdays | 6:00 pm | Studio A – 12 Participants Max |
| Kathy R | SilverSneakers Classic | Mondays & Wednesdays | 8:15 & 9:15 am | Small Gym – 25 Participants Max |
| | SilverSneakers Classic Lite | Tuesdays | 9:30 am | Small Gym – 25 Participants Max |
| | SilverSneakers Strength & Stability | Thursdays | 10:30 am | Studio A – 22 Participants Max |
| | SilverSneakers Strength Lite | Wednesdays | 10:15 am | Small Gym – 22 Participants Max |
| | SilverSneakers Yoga | Mondays | 10:15 am | Studio A – 22 Participants Max |
| | SilverSneakers Yoga Lite | Tuesdays Thursdays | 10:30 am 9:30 am | Studio A – 22 Participants Max |
| | Yoga | Thursdays | 8:15 am | Studio A – 22 Participants Max |
| Mary B | 30/30 | Tuesdays & Thursdays | 8:15 am | Small Gym – 25 Participants Max |
| | SilverSneakers Classic | Fridays | 8:15 am | Small Gym – 25 Participants Max |
| Melissa C | HIIT | Mondays | 5:30 am | Studio A – 16 Participants Max |
| | Kickboxing Express | Mondays | 10:15 am | Studio D+D2 – 10 Participants Max |
| | Kickboxing Intervals | Wednesdays & Fridays | 8:15 am | Studio D+D2 – 10 Participants Max |
| | MX4 Intervals | Mondays Wednesdays Fridays | 8:45 & 9:30 am 5:15 & 6:00 am 5:15, 6:00 & 9:30 am | Studio D – 8 Participants Max |
| | Sculpt & Stretch | Wednesdays | 9:30 am | Studio A – 16 Participants Max |
| Molly M | Cardio & Conditioning | Tuesdays | 9:30 am | Studio A – 16 Participants Max |
| | Cycling Express | Mondays | 8:00 am | Studio C – 12 Participants Max |
| | Women on Weights | Mondays | 7:00 am | Studio A – 16 Participants Max |
| | Yoga | Tuesdays | 8:15 am | Studio A – 22 Participants Max |
| | Yoga Fusion | Fridays | 7:15 am | Studio A – 22 Participants Max |
| Pam T | SilverSneakers Classic | Fridays | 9:15 am | Small Gym – 25 Participants Max |
| Phil J | Yoga | Wednesdays Thursdays | 4:00 pm 5:30 pm | MGC Room – 14 Participants Max |
| Riya T | Chair Zumba | Mondays | 8:15 am | Studio A – 16 Participants Max |
| | Zumba | Saturdays | 7:30 am | Studio A – 16 Participants Max |
| | Zumba Gold | Wednesdays | 8:15 am | Studio A – 18 Participants Max |
| Vicki H | MX4 Intervals | Mondays Tuesdays Wednesdays Thursdays | 12:00 & 5:30 pm 7:15, 8:00 & 8:45 am 12:00 pm 7:15, 8:00 & 8:45 am | Studio D – 8 Participants Max |