

GROUP EXERCISE SCHEDULE

NOVEMBER 2025



MON	TUE	WED	THU	FRI	SAT
ALL CLASSES ARE 60 MINUTES UNLESS NOTED: ** = 45 MINUTE CLASS * = 30 MINUTE CLASS		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.			1
3 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	4 5:30am Cycling/HIIT Combo 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 AOA Circuit Lite** 9:30am MX4 Intervals* 10:30am AOA Yoga Lite** 6:00pm Zumba	5 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am HIIT Boxing** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	6 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 AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	7 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:00am HIIT Boxing** 9:15am AOA Circuit** 10:15am Strong You**	8 8:15am Zumba
10 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	11 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Circuit Lite** 9:30am MX4 Intervals* 10:30am AOA Yoga Lite** 6:00pm Zumba	12 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am HIIT Boxing** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	13 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 AOA Yoga Lite** 10:30am AOA Strength & Stability** 5:30pm Yoga 6:00pm Zumba Toning	14 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:15am AOA Circuit** 10:15am Strong You**	15 8:15am Zumba
17 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	18 5:30am Cycling/HIIT Combo 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 AOA Circuit Lite** 9:30am MX4 Intervals* 10:30am AOA Yoga Lite** 6:00pm Zumba	19 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 8:15am HIIT Boxing** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	20 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 AOA Yoga Lite** 10:30am AOA Strength & Stability** 5:30pm Yoga 6:00pm Zumba Toning	21 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:00am HIIT Boxing** 9:15am AOA Circuit** 10:15am Strong You**	22 8:15am Zumba
24 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	25 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Circuit Lite** 9:30am MX4 Intervals* 10:30am AOA Yoga Lite** 6:00pm Zumba	26 5:30am Yoga Sculpt** 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 10:15am AOA Strength & Stability Lite** 4:00pm Yoga	27 Happy Thanksgiving THE Y IS CLOSED Festival Foods Turkey Trot at 8 am at Marshfield High School Register at www.festivalfoodsturkeytrot.com	28 7:15am Yoga Fusion** 8:15am AOA Circuit** 9:15am AOA Circuit**	29 8:15am Zumba

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.

Amy N	Cycling	Thursdays	5:30 am	Studio C – 17 Participants Max
Catie P	MX4 Intervals	Mondays Tuesdays Thursdays	6:45 am 9:30 am 6:30 am	Studio D – 8 Participants Max
Cynthia N	Yoga Sculpt	Wednesdays	5:30 am	Studio A – 15 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 C+A – 17 Participants Max
Karla P	Zumba	Tuesdays	6:00 pm	Studio A – 16 Participants Max
	Zumba Toning	Thursdays	6:00 pm	Studio A – 12 Participants Max
Kathy R	SilverSneakers Classic	Mondays & Wednesdays	8:15 & 9:15 am	Small Gym – 23 Participants Max
	AOA Circuit Lite	Tuesdays	9:30 am	Small Gym – 23 Participants Max
	AOA Strength & Stability	Thursdays	10:30 am	Studio A – 20 Participants Max
	AOA Strength & Stability Lite	Wednesdays	10:15 am	Small Gym – 23 Participants Max
	AOA Yoga	Mondays	10:15 am	Studio A – 22 Participants Max
	AOA 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
	AOA Circuit	Fridays	8:15 am	Small Gym – 25 Participants Max
Melissa C	HIIT	Mondays	5:30 am	Studio A – 16 Participants Max
	HIIT Boxing	Wednesdays Fridays	8:15 am 9:00 am	Studio D+D2 – 12 Participants Max
	Kickboxing Express	Mondays	10:15 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 & 8:15 am	Studio D – 8 Participants Max
	Sculpt & Stretch	Wednesdays	9:30 am	Studio A – 16 Participants Max
Molly M	Cardio & Conditioning	Tuesdays (every other)	9:30 am	Studio A – 16 Participants Max
	Cycling Express	Mondays	8:00 am	Studio C – 17 Participants Max
	Women on Weights	Mondays	7:00 am	Studio A – 16 Participants Max
	Yoga	Tuesdays (every other)	8:15 am	Studio A – 22 Participants Max
	Yoga Fusion	Fridays	7:15 am	Studio A – 22 Participants Max
Pam T	AOA Circuit	Fridays	9:15 am	Small Gym – 20 Participants Max
Phil J	Yoga	Wednesdays Thursdays	4:00 pm 5:30 pm	MGC Room – 14 Participants Max MGC Room – 12 Participants Max
Riya T	Chair Zumba	Mondays	8:15 am	Studio A – 16 Participants Max
	Zumba	Saturdays	8:15 am	Studio A – 16 Participants Max
	Zumba Gold	Mondays	9:15 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