

# GROUP EXERCISE SCHEDULE

## DECEMBER 2024



MON	TUE	WED	THU	FRI	SAT
<b>2</b> 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*	<b>3</b> 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	<b>4</b> 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*	<b>5</b> 5:30am Cycling** 6:00am 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	<b>6</b> 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**	<b>7</b> 8:15am Zumba
<b>9</b> 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*	<b>10</b> 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 SilverSneakers Classic Lite** 9:30am MX4 Intervals* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	<b>11</b> 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*	<b>12</b> 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	<b>13</b> 5:15am MX4 Intervals* 6:00am MX4 Intervals* 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You**	<b>14</b> 8:15am Zumba Nutcracker Workout w/Lisa L.
<b>16</b> 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 SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	<b>17</b> 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	<b>18</b> 5:15am MX4 Intervals* 6:00am MX4 Intervals* 6:45am MX4 Intervals* 8:15am SilverSneakers Classic** 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*	<b>19</b> 5:30am Cycling** 6:30am MX4 Intervals* 7:15am MX4 Intervals* 7:45am 30/30 8:00am MX4 Intervals* 8:15am Yoga 8:45am MX4 Intervals* 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability** 5:30pm Yoga	<b>20</b> 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**	<b>21</b>
<b>23</b> 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:45am MX4 Intervals* 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	<b>24</b>  CHRISTMAS EVE YMCA CLOSED	<b>25</b>  CHRISTMAS DAY YMCA CLOSED	<b>26</b> 5:30am Cycling** 8:15am 30/30 5:30pm Yoga	<b>27</b> 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 10:15am Strong You**	<b>28</b>
<b>30</b> 5:30am HIIT 6:45am MX4 Intervals* 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 10:15am Strong You** 10:15am SilverSneakers Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	<b>31</b>  NEW YEAR'S EVE YMCA CLOSED	<b>ALL CLASSES ARE 60 MINUTES UNLESS NOTED:</b> ** = 45 MINUTE CLASS * = 30 MINUTE CLASS <b>INCLEMENT WEATHER POLICY</b> 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.		<b>GROUP EXERCISE CLASSES ARE FREE TO Y MEMBERS. INQUIRE ABOUT DAY PASS FEES FOR NON-MEMBERS.</b> Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our online class reservations. Search: "Marshfield YMCA" available on the app store or google play.	

# 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 – 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