

GROUP EXERCISE SCHEDULE

OCTOBER 2024



ALL CLASSES ARE 60 MINUTES UNLESS NOTED:

** = 45 MINUTE CLASS
* = 30 MINUTE CLASS

MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>5:30am Cycling/HIIT Combo</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am Cardio & Conditioning**</p> <p>9:30am SilverSneakers Classic Lite**</p> <p>9:30am MX4 Intervals*</p> <p>10:30am SilverSneakers Yoga Lite**</p> <p>6:00pm Zumba</p>	<p>2</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>6:45am MX4 Intervals*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Zumba Gold</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am Sculpt & Stretch</p> <p>10:15am SilverSneakers Strength Lite**</p> <p>12:00pm MX4 Intervals*</p> <p>4:00pm Yoga</p> <p>5:30pm MX4 Intervals*</p> <p>6:00pm Zumba Toning</p> <p>6:15pm MX4 Intervals*</p>	<p>3</p> <p>5:30am Cycling**</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am SilverSneakers Yoga Lite**</p> <p>10:30am SilverSneakers Strength & Stability**</p> <p>5:30pm Yoga</p>	<p>4</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>7:15am Yoga Fusion**</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p>	<p>5</p> <p>7:30am Zumba</p>	
					<p>7</p> <p>5:30am HIIT</p> <p>6:45am MX4 Intervals*</p> <p>7:00am Women on Weights**</p> <p>8:00am Cycling Express*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Chair Zumba**</p> <p>8:45am MX4 Intervals*</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p> <p>10:15am SilverSneakers Yoga**</p> <p>10:15am Kickboxing Express*</p> <p>12:00pm MX4 Intervals*</p> <p>5:30pm MX4 Intervals*</p>
<p>14</p> <p>5:30am HIIT</p> <p>6:45am MX4 Intervals*</p> <p>7:00am Women on Weights**</p> <p>8:00am Cycling Express*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Chair Zumba**</p> <p>8:45am MX4 Intervals*</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p> <p>10:15am SilverSneakers Yoga**</p> <p>10:15am Kickboxing Express*</p> <p>12:00pm MX4 Intervals*</p> <p>5:30pm MX4 Intervals*</p>	<p>15</p> <p>5:30am Cycling/HIIT Combo</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am SilverSneakers Classic Lite**</p> <p>9:30am MX4 Intervals*</p> <p>10:30am SilverSneakers Yoga Lite**</p> <p>6:00pm Zumba</p>	<p>16</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>6:45am MX4 Intervals*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Zumba Gold</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am Sculpt & Stretch</p> <p>10:15am SilverSneakers Strength Lite**</p> <p>12:00pm MX4 Intervals*</p> <p>4:00pm Yoga</p> <p>5:30pm MX4 Intervals*</p> <p>6:00pm Zumba Toning</p> <p>6:15pm MX4 Intervals*</p>	<p>17</p> <p>5:30am Cycling**</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am SilverSneakers Yoga Lite**</p> <p>10:30am SilverSneakers Strength & Stability**</p> <p>5:30pm Yoga</p>	<p>18</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>7:15am Yoga Fusion**</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p>	<p>19</p> <p>7:30am Zumba</p>
<p>21</p> <p>5:30am HIIT</p> <p>6:45am MX4 Intervals*</p> <p>7:00am Women on Weights**</p> <p>8:00am Cycling Express*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Chair Zumba**</p> <p>8:45am MX4 Intervals*</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p> <p>10:15am SilverSneakers Yoga**</p> <p>10:15am Kickboxing Express*</p> <p>12:00pm MX4 Intervals*</p> <p>5:30pm MX4 Intervals*</p>	<p>22</p> <p>5:30am Cycling/HIIT Combo</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am Cardio & Conditioning**</p> <p>9:30am SilverSneakers Classic Lite**</p> <p>9:30am MX4 Intervals*</p> <p>10:30am SilverSneakers Yoga Lite**</p> <p>6:00pm Zumba</p>	<p>23</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>6:45am MX4 Intervals*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Zumba Gold</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am Sculpt & Stretch</p> <p>10:15am SilverSneakers Strength Lite**</p> <p>12:00pm MX4 Intervals*</p> <p>4:00pm Yoga</p> <p>5:30pm MX4 Intervals*</p> <p>6:00pm Zumba Toning</p> <p>6:15pm MX4 Intervals*</p>	<p>24</p> <p>5:30am Cycling**</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am SilverSneakers Yoga Lite**</p> <p>10:30am SilverSneakers Strength & Stability**</p> <p>5:30pm Yoga</p>	<p>25</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>7:15am Yoga Fusion**</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p>	<p>26</p> <p>7:30am Zumba</p>
<p>28</p> <p>5:30am HIIT</p> <p>6:45am MX4 Intervals*</p> <p>7:00am Women on Weights**</p> <p>8:00am Cycling Express*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Chair Zumba**</p> <p>8:45am MX4 Intervals*</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am MX4 Intervals*</p> <p>10:15am Strong You**</p> <p>10:15am SilverSneakers Yoga**</p> <p>10:15am Kickboxing Express*</p> <p>12:00pm MX4 Intervals*</p> <p>5:30pm MX4 Intervals*</p>	<p>29</p> <p>5:30am Cycling/HIIT Combo</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am Cardio & Conditioning**</p> <p>9:30am SilverSneakers Classic Lite**</p> <p>9:30am MX4 Intervals*</p> <p>10:30am SilverSneakers Yoga Lite**</p> <p>6:00pm Zumba</p>	<p>30</p> <p>5:15am MX4 Intervals*</p> <p>6:00am MX4 Intervals*</p> <p>6:45am MX4 Intervals*</p> <p>8:15am SilverSneakers Classic**</p> <p>8:15am Zumba Gold</p> <p>8:15am Kickboxing Intervals</p> <p>9:15am SilverSneakers Classic**</p> <p>9:30am Sculpt & Stretch</p> <p>10:15am SilverSneakers Strength Lite**</p> <p>12:00pm MX4 Intervals*</p> <p>5:30pm MX4 Intervals*</p> <p>6:00pm Zumba Toning</p> <p>6:15pm MX4 Intervals*</p>	<p>31</p> <p>5:30am Cycling**</p> <p>6:30am MX4 Intervals*</p> <p>7:15am MX4 Intervals*</p> <p>8:00am MX4 Intervals*</p> <p>8:15am 30/30</p> <p>8:15am Yoga</p> <p>8:45am MX4 Intervals*</p> <p>9:30am SilverSneakers Yoga Lite**</p> <p>10:30am SilverSneakers Strength & Stability**</p> <p>5:30pm Yoga</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>	

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
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 – 20 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