

## GROUP EXERCISE SCHEDULE

FEBRUARY 2026



| MON                                                                                                                                                                                                                                                                                                                                                                                                             | TUE                                                                                                                                                                                                                                               | WED                                                                                                                                                                                                                                                                      | THU                                                                                                                                                                                                                                                                    | FRI                                                                                                                                                                                                          | SAT                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <b>2</b><br>5:30am HIIT<br>6:45am MX4 Intervals*<br>7:00am Women on Weights**<br>8:00am Cycling Express*<br>8:15am Chair Zumba**<br>8:15am SilverSneakers Classic**<br>8:15am MX4 Intervals*<br>9:00am MX4 Intervals*<br>9:15am Zumba Gold**<br>9:15am SilverSneakers Classic**<br>9:45am Kickboxing Express*<br>10:15am Strong You**<br>10:15am AOA Yoga**<br>12:00pm MX4 Intervals*<br>5:30pm MX4 Intervals*  | <b>3</b><br>5:30am Cycling/HIIT Combo<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:30am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Circuit Lite**<br>9:30am MX4 Intervals*<br>10:30am AOA Yoga Lite**<br>6:00pm Zumba                  | <b>4</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>8:15am SilverSneakers Classic**<br>8:15am HIIT Boxing**<br>9:15am SilverSneakers Classic**<br>9:30am Sculpt & Stretch<br>10:15am AOA Strength & Stability Lite**<br>12:00pm MX4 Intervals*<br>4:00pm Yoga  | <b>5</b><br>5:30am Cycling**<br>6:30am MX4 Intervals*<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Yoga Lite**<br>10:30am AOA Strength & Stability**<br>5:30pm Yoga<br>6:00pm Zumba Toning                  | <b>6</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>7:15am Yoga Fusion**<br>8:15am AOA Circuit**<br>8:15am MX4 Intervals*<br>9:00am HIIT Boxing**<br>9:15am AOA Circuit**<br>10:15am Strong You**  | <b>7</b><br>8:15am Zumba  |
| <b>9</b><br>5:30am HIIT<br>6:45am MX4 Intervals*<br>7:00am Women on Weights**<br>8:00am Cycling Express*<br>8:15am Chair Zumba**<br>8:15am SilverSneakers Classic**<br>8:15am MX4 Intervals*<br>9:00am MX4 Intervals*<br>9:15am Zumba Gold**<br>9:15am SilverSneakers Classic**<br>9:45am Kickboxing Express*<br>10:15am Strong You**<br>10:15am AOA Yoga**<br>12:00pm MX4 Intervals*<br>5:30pm MX4 Intervals*  | <b>10</b><br>5:30am Cycling/HIIT Combo<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:30am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Circuit Lite**<br>9:30am MX4 Intervals*<br>10:30am AOA Yoga Lite**<br>6:00pm Zumba | <b>11</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>8:15am SilverSneakers Classic**<br>8:15am HIIT Boxing**<br>9:15am SilverSneakers Classic**<br>9:30am Sculpt & Stretch<br>10:15am AOA Strength & Stability Lite**<br>12:00pm MX4 Intervals*<br>4:00pm Yoga | <b>12</b><br>5:30am Cycling**<br>6:30am MX4 Intervals*<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:15am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Yoga Lite**<br>10:30am AOA Strength & Stability**<br>5:30pm Yoga<br>6:00pm Zumba Toning | <b>13</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>7:15am Yoga Fusion**<br>8:15am AOA Circuit**<br>8:15am MX4 Intervals*<br>9:00am HIIT Boxing**<br>9:15am AOA Circuit**<br>10:15am Strong You** | <b>14</b>                 |
| <b>16</b><br>5:30am HIIT<br>6:45am MX4 Intervals*<br>7:00am Women on Weights**<br>8:00am Cycling Express*<br>8:15am SilverSneakers Classic**<br>8:15am MX4 Intervals*<br>9:00am MX4 Intervals*<br>9:15am SilverSneakers Classic**<br>9:45am Kickboxing Express*<br>10:15am Strong You**<br>10:15am AOA Yoga**<br>12:00pm MX4 Intervals*<br>5:30pm MX4 Intervals*                                                | <b>17</b><br>5:30am Cycling/HIIT Combo<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:30am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Circuit Lite**<br>9:30am MX4 Intervals*<br>10:30am AOA Yoga Lite**<br>6:00pm Zumba | <b>18</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>8:15am SilverSneakers Classic**<br>8:15am HIIT Boxing**<br>9:15am SilverSneakers Classic**<br>9:30am Sculpt & Stretch<br>10:15am AOA Strength & Stability Lite**<br>12:00pm MX4 Intervals*<br>4:00pm Yoga | <b>19</b><br>5:30am Cycling**<br>6:30am MX4 Intervals*<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:15am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Yoga Lite**<br>10:30am AOA Strength & Stability**<br>5:30pm Yoga<br>6:00pm Zumba Toning | <b>20</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>7:15am Yoga Fusion**<br>8:15am AOA Circuit**<br>8:15am MX4 Intervals*<br>9:00am HIIT Boxing**<br>9:15am AOA Circuit**<br>10:15am Strong You** | <b>21</b><br>8:15am Zumba |
| <b>23</b><br>5:30am HIIT<br>6:45am MX4 Intervals*<br>7:00am Women on Weights**<br>8:00am Cycling Express*<br>8:15am Chair Zumba**<br>8:15am SilverSneakers Classic**<br>8:15am MX4 Intervals*<br>9:00am MX4 Intervals*<br>9:15am Zumba Gold**<br>9:15am SilverSneakers Classic**<br>9:45am Kickboxing Express*<br>10:15am Strong You**<br>10:15am AOA Yoga**<br>12:00pm MX4 Intervals*<br>5:30pm MX4 Intervals* | <b>24</b><br>5:30am Cycling/HIIT Combo<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:30am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Circuit Lite**<br>9:30am MX4 Intervals*<br>10:30am AOA Yoga Lite**<br>6:00pm Zumba | <b>25</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>8:15am SilverSneakers Classic**<br>8:15am HIIT Boxing**<br>9:15am SilverSneakers Classic**<br>9:30am Sculpt & Stretch<br>10:15am AOA Strength & Stability Lite**<br>12:00pm MX4 Intervals*<br>4:00pm Yoga | <b>26</b><br>5:30am Cycling**<br>6:30am MX4 Intervals*<br>7:15am MX4 Intervals*<br>8:00am MX4 Intervals*<br>8:15am 30/30<br>8:15am Yoga<br>8:45am MX4 Intervals*<br>9:30am AOA Yoga Lite**<br>10:30am AOA Strength & Stability**<br>5:30pm Yoga<br>6:00pm Zumba Toning | <b>27</b><br>5:15am MX4 Intervals*<br>6:00am MX4 Intervals*<br>7:15am Yoga Fusion**<br>8:15am AOA Circuit**<br>9:15am AOA Circuit**<br>10:15am Strong You**                                                  | <b>28</b><br>8:15am Zumba |

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 the GroupExPro App or contact the Y.

# 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<br>Tuesdays<br>Thursdays               | 6:45 am<br>9:30 am<br>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 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<br>Thursdays                          | 10:30 am<br>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<br>Fridays                          | 8:15 am<br>9:00 am                                                          | Studio D+D2 – 12 Participants Max                                                                  |
|           | Kickboxing Express            | Mondays                                        | 9:45 am                                                                     | Studio D+D2 – 10 Participants Max                                                                  |
|           | MX4 Intervals                 | Mondays<br>Wednesdays<br>Fridays               | 8:15 & 9:00 am<br>5:15 & 6:00 am<br>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   | Cycling Express               | Mondays                                        | 8:00 am                                                                     | Studio C – 17 Participants Max                                                                     |
|           | Women on Weights              | Mondays                                        | 7:00 am                                                                     | Studio A – 16 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                          | Tuesdays<br>Wednesdays<br>Thursdays            | 8:30 am<br>4:00 pm<br>5:30 pm                                               | Studio A – 22 Participants Max<br>MGC Room – 14 Participants Max<br>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<br>Tuesdays<br>Wednesdays<br>Thursdays | 12:00 & 5:30 pm<br>7:15, 8:00 & 8:45 am<br>12:00 pm<br>7:15, 8:00 & 8:45 am | Studio D – 8 Participants Max                                                                      |