



MARSHFIELD CLINIC HEALTH SYSTEM YMCA - MARSHFIELD CENTER

GROUP EXERCISE SCHEDULE: JULY 2024 revised 6/25/24

MON	TUE	WED	THU	FRI	SAT
1 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Interval Training* 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 5:30pm MX4 Interval Training*	2 5:30am Cycling/HIIT Combo 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:15am Yoga 8:45am MX4 Interval Training* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	3 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 9:30am Sculpt & Stretch 10:15am SilverSneakers Strength & Stab Lite** 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 4:00pm Yoga 6:00pm Zumba Toning	4 INDEPENDENCE DAY NO CLASSES YMCA CLOSED	5 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am Strong You**	6 7:30am Zumba
8 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Interval Training* 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am Strong You** 10:15am SilverSneakers Yoga** 10:15am Kickboxing Express* 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 5:30pm MX4 Interval Training*	9 5:30am Cycling/HIIT Combo 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:15am Yoga 8:45am MX4 Interval Training* 9:30am Cardio & Conditioning** 9:30am SilverSneakers Classic Lite** 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	10 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 9:30am Sculpt & Stretch 10:15am SilverSneakers Strength & Stab Lite** 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 4:00pm Yoga 6:00pm Zumba Toning		11 5:30am Cycling** 8:15am 30/30 8:15am Yoga 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability**	12 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 7:15am Yoga Fusion** 9:15am SilverSneakers Classic** 10:15am Strong You**
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22 7:00am Women on Weights** 8:00am Cycling Express* 8:15am SilverSneakers Classic** 8:15am Chair Zumba** 8:45am MX4 Interval Training* 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am Strong You** 10:15am SilverSneakers Yoga** 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 5:30pm MX4 Interval Training*	23 5:30am Cycling/HIIT Combo 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:15am Yoga 8:45am MX4 Interval Training* 9:30am SilverSneakers Classic Lite** 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	24 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 8:15am SilverSneakers Classic** 8:15am Zumba Gold 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am SilverSneakers Strength & Stab Lite** 12:00pm MX4 Interval Training* 3:00pm Teen Strength & Cond** 4:00pm Yoga 6:00pm Zumba Toning		25 5:30am Cycling** 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:15am Yoga 8:45am MX4 Interval Training* 9:30am SilverSneakers Yoga Lite** 10:30am SilverSneakers Strength & Stability**	26 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 7:15am Yoga Fusion** 8:15am Kickboxing Intervals 9:15am SilverSneakers Classic** 9:30am MX4 Interval Training* 10:15am Strong You**
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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
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 & Stability 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
Matt S	Teen Strength & Conditioning	Mondays & Wednesdays	3:00 pm	Studio D – 8 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 (small group interval training)	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 – 12 Participants Max
	Yoga	Tuesdays	8:15 am	Studio A – 22 Participants Max
	Yoga Fusion	Fridays	7:15 am	Studio A – 18 Participants Max
Pam T	SilverSneakers Classic	Fridays	9:15 am	Small Gym – 20 Participants Max
Phil J	Yoga	Wednesdays	4:00 pm	MGC Room – 14 Participants Max
Riya T	Chair Zumba	Mondays	8:15 am	Studio A – 18 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 (small group interval training)	Mondays	12:00 & 5:30 pm	Studio D – 8 Participants Max
		Tuesdays	7:15, 8:00 & 8:45 am	
		Wednesdays	9:30 am & 12:00 pm	
		Thursdays	7:15, 8:00 & 8:45 am	

GROUP EXERCISE FEES

Y-MEMBERS: FREE

NON-MEMBERS
 Individual Day Pass Fee = \$10
 Family Day Pass Fee = \$25

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 registration page: Search: "Marshfield YMCA" available on the app store or google play.