



MARSHFIELD CLINIC HEALTH SYSTEM YMCA - MARSHFIELD CENTER

GROUP EXERCISE SCHEDULE: MAY 2024

MON	TUE	WED	THU	FRI	SAT
ALL CLASSES ARE 60 MINUTES UNLESS NOTED: ** = 45 MINUTE CLASS * = 30 MINUTE CLASS		1 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 6:45am 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 12:00pm MX4 Interval Training* 4:00pm Yoga 5:30pm Yoga	2 5:30am Cycling** 6:30am MX4 Interval Training* 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:45am MX4 Interval Training*	3 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**	4
6 5:30am HIIT 6:45am MX4 Interval Training* 7:45am Cycling** 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 Kickboxing Express* 12:00pm MX4 Interval Training* 5:30pm MX4 Interval Training*	7 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** 9:30am MX4 Interval Training* 10:30am SilverSneakers Yoga Lite**	8 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 6:45am 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 12:00pm MX4 Interval Training* 4:00pm Yoga 5:30pm Yoga	9 5:30am Cycling** 6:30am MX4 Interval Training* 7:15am MX4 Interval Training* 8:00am MX4 Interval Training* 8:15am 30/30 8:45am MX4 Interval Training*	10 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**	11 7:30am Zumba
13 5:30am HIIT 6:45am MX4 Interval Training* 7:45am Cycling** 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* 5:30pm MX4 Interval Training*	14 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** 9:30am MX4 Interval Training* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	15 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 6:45am 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* 4:00pm Yoga 5:30pm Yoga 6:00pm Zumba Toning	16 5:30am Cycling** 6:30am MX4 Interval Training* 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**	17 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**	18 7:30am Zumba
20 5:30am HIIT 6:45am MX4 Interval Training* 7:45am Cycling** 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* 5:30pm MX4 Interval Training*	21 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** 9:30am MX4 Interval Training* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	22 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 6:45am 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* 4:00pm Yoga 5:30pm Yoga 6:00pm Zumba Toning	23 5:30am Cycling** 6:30am MX4 Interval Training* 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**	24 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**	25 7:30am Zumba
27 MEMORIAL DAY YMCA CLOSED	28 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** 9:30am MX4 Interval Training* 10:30am SilverSneakers Yoga Lite** 6:00pm Zumba	29 5:15am MX4 Interval Training* 6:00am MX4 Interval Training* 6:45am 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* 4:00pm Yoga 5:30pm Yoga 6:00pm Zumba Toning	30 5:30am Cycling** 6:30am MX4 Interval Training* 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**	31 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**	

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 (small group interval training)	Mondays & Wednesdays Tuesdays Thursdays	6:45 am 9:30 am 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 & 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
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 - 4/9, 4/23	9:30 am	Studio A - 16 Participants Max
	Cycling	Mondays	7:45 am	Studio C - 12 Participants Max
	Yoga	Tuesdays - 4/9, 4/23	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	Tuesdays - 4/2, 4/16, 4/30	8:15 am	Studio A - 22 Participants Max
		Wednesdays	4:00 & 5:30 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 Tuesdays Wednesdays Thursdays	12:00 & 5:30 pm 7:15, 8:00 & 8:45 am 9:30 am & 12:00 pm 7:15, 8:00 & 8:45 am	Studio D - 8 Participants Max

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.

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.