



**GROUP EXERCISE SCHEDULE**  
**Fall I**  
**September 7-October 24, 2010**

Marshfield Area YMCA  
 410 West McMillan Street  
 Marshfield, WI 54449  
 715-387-4900  
 www.mfldymca.org

DAY	CLASS	TIME	INSTRUCTOR	ROOM
M/W/F	Cycling Express	5:30-6:10 am	Tim Casey and Mike Bauman	Cycling Studio
M/W/F	Morning Mix Up	5:30-6:30 am	Molly Michalek	Group Exercise
M/W/F	Total Body Challenge	7:00-8:00 am	Elaine Byers	Group Exercise
M/W/F	Advanced Step Aerobics	8:15-9:15 am	Amy Bauman	Group Exercise
M/WF	Talk N' Tone	9:30-10:30 am	Amy Bauman	Group Exercise
M/W	Beginning Yoga	8:15-9:15 am	Vangie Tam	Multi-Purpose Room
M/W	Personal Power Pilates	8:15-9:00 am	Aimee Tippen	Conference Room
M/W	Cycling Express	8:30-9:10 am	Molly Michalek	Cycling Studio
M/W	1 Step at a Time	9:30-10:15 am	Deb Kolts	Multi-Purpose Room
M/W	Ab and Back	12:15-12:45 pm	Molly Michalek	Group Exercise
M/W	Tae Kwon Do	6:30-8:30 pm	Steven Greunke	Multi-Purpose Mon Group Ex.- Wed
M	20/20/20	5:20-6:20 pm	Linda Rachu	Group Exercise
W	Boot Camp	5:20-6:20 pm	Mary Rehlinger	Group Exercise
W	Boxing Express	6:30-7:15 pm	Mary Rehlinger	Multi-Purpose Room
T	Intermediate Pilates	6:00-6:45 pm	Ashley Detterbeck	Multi-Purpose Room
T	Zumba	6:30-7:30 pm	Maria Myklejord	Group Exercise
TH	Yoga Express	12:15-12:45 pm	Luanne Malsin	Group Exercise
T/R	Cycling	5:20-6:20 am	Pam Tippett	Cycling Studio
T/R	Cardio Conditioning	5:30-6:15 am	Molly Michalek	Group Exercise
T/R	Cycling	8:15-9:15 am	Amy Bauman	Cycling Studio
T/R	Hi/Lo Aerobics	8:15-9:15 am	Mary Beathard	Group Exercise
T/R	Yoga	8:15-9:15 am	Molly Michalek	Multi-Purpose Room
T/R	Pilates Fusion	9:30-10:00 am	Molly Michalek	Multi-Purpose Room
T/R	20/20/20	9:30-10:30 am	Amy Bauman	Group Exercise
T/R	Yoga	4:00-5:00 pm	Ann Kollross-Ott	Multi-Purpose Room
T/R	Body Sculpting	5:20-6:20 pm	Helen Brown	Group Exercise
T/R	Cycling	5:30-6:30 pm	Marci Griesbach	Cycling Studio
Fri	Cycling	8:15-9:15 am	Vangie Tam	Cycling Studio
Sat	*Super Saturday Workout Class Varies	8:15-9:15 am	Varies	Varies
Sat	Cycling	9:30-10:30 am	Vangie Tam and Theresa Yakovlev	Cycling Studio
Sun	Yoga	10:15-11:15 am	Theresa Yakovlev	Group Exercise

**Drop-In Rate: Member: \$3 and Participant: \$6**

*\*Super Saturday is a free class for Members only*

**Upcoming Session Dates:**

Fall II: October 25-December 19, 2010

**Registration Dates:**

Member: October 4

Participant: October 7

**For more information on Group Exercise Classes, please see the reverse side or contact:**

Wellness Coordinator Molly Michalek at: [mmichalek@mfldymca.org](mailto:mmichalek@mfldymca.org)