



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE

YMCA of Greene County

May 2025

MONDAY

5:30-6:30	GES	Rise and Grind	Rhonda
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	Holly
8:00-8:50	GES	Boogie Blast	Rhonda
8:30-9:30	Pool	Water Fit	Sue H.
8:00-8:45	RC	Movement for Moms	Tiffany
9:00-10:00	GES	Country Fit	Rhonda
9:30-10:15	GES 2	Cycle + Core	Victoria
10:15-11:15	GES	Yoga	Stacy
4:00-5:00	YG	Kids in Motion	Shiloh
4:15-5:00	GES	Step Challenge	Jolynn
5:00-6:00	Pool	Water Fit	Linda
5:10-6:00	GES	Yoga Flow	Rachel
6:30-7:30	GES	RIP	Denise

TUESDAY

6:30-7:30	YG	Self Defense	Al
8:00-8:30	Pool	Aqua Stretch	Rhonda
8:00-8:55	GES	Vinyasa Yoga	Rachel
8:30-9:30	Pool	Water Fit	Rhonda
9:15-10:00	GES	Strength and Sculpt	Lisa
10:00-11:00	YG	Balance and Mobility	Renee/Nancy
10:15-11:00	GES	Barre	Danielle
11:00-12:00	Pool	Gentle Water Fit	Linda
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Nancy
12:15-1:00	GES	Lunchtime Takeout	Rhonda
4:15-5:00	GES	Tabata Tuesday	Jolynn
5:00-5:30	GES2	Spin	Denise
5:00-5:45	Pool	Shred and Tread	Dillon
5:00-6:00	Pool	Water Fit	Linda
5:45-6:30	GES	Yoga	Denise
6:30-7:30	GES2	Spin	Jenna

WEDNESDAY

5:30-6:30	GES	Rise and Grind	Rhonda
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-8:50	GES	Boogie Blast	Rhonda
8:00-9:00	GES 2	Spin	Holly
8:30-9:30	Pool	Water Fit	Sue H.
9:00-10:00	GES	Country Fit	Rhonda
10:15-11:00	GES	Yoga	Sue R.
1:00-2:00	YG	Homeschool P.E.	Shiloh
5:15-5:55	GES	Yoga	Sheila
6:30-7:30	GES	RIP	Denise

THURSDAY

6:30-7:30	YG	Self Defense	Al
8:00-8:30	Pool	Aqua Stretch	Rhonda
8:00-8:55	GES	Vinyasa Yoga	Rachel
8:30-9:30	Pool	Water Fit	Rhonda
9:15-10:00	GES	Strength and Sculpt	Lisa
10:00-11:00	YG	Balance and Mobility	Renee/Nancy
10:15-11:00	GES	Barre	Danielle
11:00-12:00	Pool	Gentle Water Fit	Linda
11:15-12:00	GES	Yoga	Danielle
11:15-12:00	GES 2	Parkinson's	Nancy
12:15-1:00	GES	Lunchtime Takeout	Rhonda
4:00-5:00	YG	Kids in Motion	Shiloh
4:15-5:00	GES	Shred	Jolynn
5:00-5:30	GES2	Spin	Denise
5:00-5:45	Pool	Shred and Tread	Dillon
5:00-6:00	Pool	Water Fit	Linda
5:45-6:30	GES	Yoga	Denise
6:30-7:30	GES2	Spin	Jenna
6:45-7:30	GES	Upper Body Workout	Mandy

FRIDAY

5:30-6:30	GES	Rise and Grind	Rhonda
8:00-8:30	Pool	Aqua Stretch	Sue H.
8:00-9:00	GES 2	Spin	Holly
8:30-9:30	Pool	Aqua Dance	Sue H.
8:15-9:00	GES	RIP	Margo
9:15-10:00	GES	Dance Flt	Margo
10:15-11:00	GES	Yoga Fusion	Margo
11:15-12:15	GES	Yoga	Amanda
5:00-5:55	GES	Yoga with a Focus	Lena
6:15-7:00	GES	Lower Body Workout	Mandy

SATURDAY

8:00-8:55	GES	Yoga Flow	Rachel
11:00-12:00	Pool	Gentle Water Fit	Linda

All classes are geared toward all participants and fitness levels.

GES: Group-Ex Studio

GES 2: Group-Ex Studio 2

YG: Youth Gym

RC: Racquetball Court

Childwatch Hours: M-F 8 a.m.- 12 p.m.

M-Th 4 p.m.-8 p.m.

Youthwatch Hours: M-Th 4 p.m. - 8 p.m.

9-12 y/o may attend if
accompanied by an
adult.