PIERSON ROAD FAMILY YMCA

GROUP FITNESS SCHEDULE

YMCA OF GREATER FLINT
MOVE • CONNECT • THRIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO PUMP 9:15–10:15 AM Rickita Henderson	**MORNING STRONG** 6:00–6:50 AM Marques Pool	**TABATA INTERVALS** 9:00–10:00 AM Rachel Harris	**MORNING STRONG** 6:00–6:50 AM Marques Pool	**H.I.I.T.** 9:15–10:00 AM Zach Thamm	**CARDIO CIRCUIT** 8:00–8:50 AM MarquesPool / Christel Drew	NO CLASSES
AB ATTACK 10:15–10:45 AM Rickita Henderson	**MORNING FLOW YOGA** 8:00–9:00 AM Rickita Henderson	**CARDIO STRENGTH FUSION** 10:15–10:45 AM Rosleen Hawa	**MORNING FLOW YOGA** 8:00–9:00 AM Rickita Henderson	**STRONG CORE** 10:00–10:30 AM Zach Thamm	**NUTRITION CLASS** 8:00–9:00 AM Megan Butterfield	
STRENGTH & STRETCH 11:00 AM–12:00 PM Rachel Harris	**CARDIO CIRCUIT** 9:15–10:15 AM Rickita Henderson	**INTRO TO STRENGTH** 7:00–8:00 PM Zach Thamm	**POWER HOUR** 9:00–10:00 AM Megan Butterfield		**AMRAP ATTACK** 9:00–10:00 AM Megan Butterfield	
TREADATONE 6:30–7:30 PM Zach Thamm	**STRETCH & FLEX** 11:15 AM–12:00 PM Zach Thamm	**AQUA ZUMBA** 7:00–7:45 PM Marie Jones	**GROUP CYCLING** 9:00–10:00 AM Lydia Diem		**TREAD & TONE** 12:10–1:00 PM Zach Thamm	
ZUMBA 6:30–7:15 PM Marie Jones	**CHAIR YOGA** 12:30–1:15 PM Zach Thamm		**CHAIR YOGA** 11:15 AM–12:00 PM Zach Thamm			
PILATES 7:30–8:15 PM Marie Jones	**YOUTH FITNESS** 5:30–6:15 PM Chris Yarn		**SENIOR CIRCUIT** 12:10–12:55 PM Zach Thamm			
	GROUP CYCLING 6:00–6:45 PM Zach Thamm		**YOUTH FITNESS** 5:30–6:15 PM Chris Yarn			
	PILATES FUSION 6:30–7:30 PM Marie Jones		**GROUP CYCLING** 6:00–6:45 PM Zach Thamm			

Schedule subject to change based on instructor availability, demand and participation.
Please consult your physician before beginning an exercise program.

SIGN UP FOR PERSONAL TRAINING TODAY!
810-232-9622 • flintymca.org