

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 7:45–8:45 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	
TREAD & TONE 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 7:00–8:00 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