

Greater Holyoke YMCA

Group Fitness Schedule

Effective 12/7/2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
5:35AM	Y Cycle Julie FS		Y Cycle Mary B. FS				
6:15AM	Total Fitness Lindsey G	Boot Camp Jenn G	Total Fitness Lindsey G	Boot Camp Jenn G	Strength & Stretch Lindsey G		
9:15AM	AOA Mary Kate G	Power Sculpt Julie G	AOA Mary Kate G	Power Sculpt Julie G	AOA Mary Kate G	Y Cycle Ben FS	
10:15AM							Zumba® Paula FS
12:00PM			Y Cycle Cheryl FS				
Evening							
5:30PM		Y Cycle Cheryl FS		Yoga Teresa FS			
5:45PM	HIIT & Sculpt Mary Kate G		HIIT & Sculpt Mary Kate G	Strength & Mobility Rachel G			
6:40PM				Zumba® Yenitza FS			

Location: FS = Fitness Studio G = Gym PLPS = Parking Lot Pine St.

* Pre-registration is required – email mowens@holyokeymca.org

HYBRID (In-Person & Virtual)

In-Person Only