


MAC YMCA Group Exercise and Open Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taekwondo* Group Ex Room 1:30-3:00PM Ray	Keep Steppin' East and West Court 8:30-9:00 AM Becky Zumba Gold West Court 9:00-9:45 AM Becky SilverSneakers® East and West Court 10:00-11:00 AM Sydney Pinochle* Conference Room 12:00-5:00 PM BINGO* Lobby 6:00-8:00PM	Zumba Gold West Court 8:30-9:15 AM Deb Full Body Strength and Stretch West Court 9:15-9:50 AM Becky SilverSneakers® East and West Court 10:00-11:00 AM Becky Open Basketball East Court 6:00-9:00 PM	Keep Steppin' East and West Court 8:30-9:15 AM Becky Zumba Gold West Court 9:15-10:00 AM Becky	Zumba Gold West Court 8:30-9:15 AM Deb Full Body Strength and Stretch West Court 9:15-9:50 AM Becky SilverSneakers® East and West Court 10:00-11:00 AM Becky R.I.P.P.E.D. Group Ex Room 6:00-7:00PM Dolcy		Taekwondo* Group Ex Room 1:00-2:30PM Ray 
Updated 4/3/25					*Not included in membership	