

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH – FALL I SESSION 2025

Thursday (Continued)

9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
11:15-12:00pm	Dance fitness	Mikala	Multi-Purpose Room
12:30-2:00pm	Parkinson's Exercise Program	Premier	Multi-Purpose Room
5:30-6:15pm	PULSE	Cindy	Multi-Purpose Room
5:30-6:30pm	Veraflow	Lora	Meeting Room B

Friday

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:55am	Step Aerobics	Debbie	Multi-Purpose Room
9:00-10:00am	C.O.R.E. Fit	Suzy	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Liz	Gymnasium
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
10:15-11:00am	Silver Sneaker Classic	Chuck	Gymnasium
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room

Saturday

7:30-8:30am	Strictly Strength	Aimee	Multi-Purpose Room
9:30-10:30am	Zumba	Angela	Multi-Purpose Room