

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH – FALL I SESSION 2025

Monday

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	Erich	Multi-Purpose Room
8:15-9:00am	Silver Sneaker Classic	Liz	Gymnasium
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:30-10:30am	Spin and Sculpt	Erin	Aerobic/Cycling Room
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room
10:15-11:00am	Silver Sneaker Classic	Chuck	Gymnasium
4:30-5:00pm	Swim Team Practice (dry land)	Christine	Multi-Purpose Room
4:45-5:45pm	Line Dancing	Debbie	Meeting Room B
6:00-7:00pm	Zumba	Angela	Multi-Purpose Room
6:30-7:30pm	Yogalates	Sharon	Aerobics/Cycling Room

Tuesday

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
8:00-8:45am	Silver Sneakers Yoga	Debbie	Meeting Room B
9:15-10:00am	Yoga	Kelly	Meeting Room B
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	Jennifer	Multi-Purpose Room
5:30-6:30pm	Veraflow	Lora	Meeting Room B

Wednesday

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:55am	Step Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Liz	Gymnasium
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:30-10:30am	Spin and Sculpt	Erin	Aerobic/Cycling Room
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room
10:15-11:00am	Silver Sneaker Classic	Chuck	Gymnasium
4:30-5:00pm	Swim Team Practice (dry land)	Christine	Multi-Purpose Room
4:45-5:45pm	Line Dancing	Debbie	Meeting Room B
5:30-6:15pm	Zumba	Lora	Multi-Purpose Room
7:00-7:45pm	Yoga	Karen	Multi-Purpose Room

Thursday

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
8:00-8:45am	Silver Sneakers Yoga	Debbie	Meeting Room B
9:15-10:00am	Yoga	Kelly	Meeting Room B