



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KERASOTES GROUP EXERCISE SCHEDULE (Aug 21-Sept 4)

Revised 08/22/17

TIME	CLASS	INTENSITY	ROOM	TIME	CLASS	INTENSITY	ROOM
MONDAY				TUESDAY			
5:15-6:15	Bootcamp	M	GES	5:30-6:20	Ycycling*	M	MPR
8:15-9:15	Pilates Yoga	A	MPR	5:15-6:15	Ultimate Workout	M	GES
9:20-10:00	Silver Sneakers Yoga	A	MPR	8:15-9:00	Yoga	A	GES
10:05-11:00	Power Pump	L	GES	9:30-10:25	WERQ Dance Fitness	A	GES
12:15-12:45	Ultimate Workout	H	GES	10:30-11:30	Weights on Ball	A	GES
5:00-5:25	Toning Lite	A	GES	1:00-2:00	Silver Sneakers Basic	L	GES
5:30-6:30	Power Yoga	H	MPR	4:40-5:05	Ultimate Workout	H	GES
5:30-6:25	Body Conditioning	M	GES	5:00-5:30	Family Zumba	A	MPR
6:30-7:25	jFitHipHop	A	GES	5:10-5:25	Strictly Abs	A	GES

WEDNESDAY

5:15-6:05	Power Pump	A	GES
9:00-10:00	Yoga	A	MPR
9:05-10:00	Body Conditioning	M	GES
10:05-11:05	Zumba	A	GES
12:15-12:45	Ultimate Workout	H	GES
5:00-6:00	Yoga	A	MPR
5:30-6:25	Strong by Zumba	M	GES
6:30-7:30	jFitHipHop	M	GES

FRIDAY

5:15-6:15	Power Yoga	H	MPR
5:15-6:15	Bootcamp	M	GES
9:00-9:55	Power Pump	A	GES
8:15-9:00	Strength	H	OUT
8:15-9:00	Yoga	A	MPR
10:00-10:45	Kickboxing	M	GES
9:20-10:00	Silver Sneakers Yoga	L	MPR
11:00-12:00	Zumba Gold	L	GES
12:15-12:45	Ultimate Workout	H	GES
5:30-6:30	WERQ Dance Fitness	A	GES

THURSDAY

5:15-6:15	Ultimate Workout	H	GES
5:30-6:20	Ycycling*	M	MPR
10:20-11:10	Weights on Ball	M	GES
11:15-12:00	WERQ	A	GES
1:00-2:00	Silver Sneakers Basic	L	GES
4:30-5:00	Family Yoga	A	MPR
4:40-5:05	Strictly Cardio	H	GES
5:10-5:25	Strictly Abs	A	GES
5:30-6:25	Zumba	A	GES
6:30-7:30	Power Pump	A	GES

SATURDAY

7:15-8:15	Yoga	H	GES
8:30-9:25	Body Conditioning	M	GES
8:30-9:30	Ycycling*	M	MPR
9:30-10:25	Zumba	A	GES
10:30-11:25	R.I.P.P.E.D.	M	GES
11:30-12:30	WERQ Dance Fitness	A	GES

SUNDAY

9:00-10:00	Ycycling*	M	MPR
8:30-9:30	Yoga	A	GES

Class Intensity: A: All levels, L: Low (beginner),

M: Medium (intermediate), H: High (advanced)

Class Location: GES: Group Exercise Studio, MPR: Multipurpose

Room, OUT: Outside (class meets outside but will be cancelled if there is inclement weather)

Classes are subject to cancellation if participation is low.

***Bike tags required**

For more information contact:

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Check out our app for more detailed information about instructors.

www.springfieldymca.org