FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN GROUP EXERCISE CLASS SCHEDULE (Oct.30-Dec.31)

TIME	CLASS	INTENSITY	ROOM	INSTRUCTOR
MONDAY				
5:05-5:35	TRX Basic	A	AC	Julie
5:30-6:30	Bootcamp	H	AC	Erin
9:15-10:00	Zumba	A	WR	Bieesha
10:15-11:00	Weights on Ball	A	AC	Adrian
11:00-12:00	Silver Sneakers Basic	L	LPC	Dora
11:40-12:10	Ycycling	M	PR-B	Heather
12:15-12:45	Ycycling	M	PR-B	Heather
12:00-12:45	Bootcamp	H	AC	Carrie
12:15-1:00	Yoga	A	LPC	Dora
12:15-12:45	Turbo Kick	A	WR	Wendy
4:45–5:15	Kick'n Arms'n Abs	M	AC	Tami
5:00-5:45	TRX Basic	A	AC	Y-Staff
5:30-6:15	Ycycling	M	PR-B	Heather
5:30-6:25	Zumba	A	AC	Cindy/Cari
WEDNESDAY				
5:05-5:35	TRX Basic	A	AC	Julie
5:30-6:30	HIIT & Lift	M	AC	La'Quesha
5:30-6:30	Zumba	A	WR	Pat
10:15-11:00	Step	M	WR	Lisa Mc.
11:40-12:10	Ycycling	M	PR-B	Destiny
12:00-12:45	Bootcamp	M	AC	Carrie
12:15-12:45	Ycycling	M	PR-B	Destiny
12:15-12:45	Kick'n Arms'n Abs	M	WR	Tami
12:15-1:00	Yoga	A	LPC	Dora
5:30-6:25	WERQ Dance Fitness	A	AC	Kayla
5:00-5:45	TRX HIIT	M	track	Julie P.
5:45-6:30	Ycycling	M	PR-B	Jessica A
FRIDAY				
5:30-6:30	Bootcamp	H	AC	La'Quesha
11:40-12:10	Ycycling	M	PR-B	Destiny
12:00-12:45	Bootcamp	H	AC	Carrie
12:15-1:00	Yoga	A	LPC	Emily
12:00-12:45	WERQ Dance Fitness	A	WR	Kayla

TIME	CLASS	INTENSITY	ROOM	INSTRUCTOR
TUESDAY				
5:05-5:35	TRX Basic	H	AC	Julie
5:30-6:30	Bootcamp	M	AC	Adrian
5:45-6:30	Ycycling	M	PR-B	Chris
9:30-10:45	Pilates Yoga	A	AC	Dora
12:00-1:00	Ultimate Workout	H	AC	Nate
12:15-12:45	Zumba	A	WR	Jessica
12:15-12:45	Power Pump	A	LPC	Michelle
4:45-5:30	Kettlebells/TRX	H	AC	Matt
5:30-6:30	Yoga	A	LPC	La'Quesha
5:30-6:30	Body Conditioning	M	AC	Matt
5:45-6:30	Ycycling	M	PR-B	Brad
6:45-7:40	jFithiphop	A	AC	Lisa H
7:45-8:45	Body Conditioning	A	AC	Jessica A.
THURSDAY				
5:30-6:30	Power Yoga	A	LPC	Karel
5:30-6:30	Ultimate Workout	H	AC	Tonya
9:30-10:45	Pilates Yoga	A	AC	Dora
11:00-1200	Silver Sneakers Yoga	A	LPC	Dora
12:00-1:00	Ultimate Workout	H	AC	Nate
12:15-12:45	Zumba	A	WR	Jenny
12:15-12:45	Power Pump	A	LPC	Michelle
4:45-5:30	Kettlebells/TRX	H	AC	Matt
5:15-6:00	Ycycling	M	PR-B	Pat
5:30-6:30	Yoga	A	LPC	Diana
5:30-6:25	Body Conditioning	M	AC	Matt
6:30-7:30	JFit hiphop	A	AC	Olivia
SATURDAY				
8:30-9:15	Ycycling	A	PR-B	Emily
8:30-9:30	Zumba	A	WR	Pat
9:30-10:45	Yoga	A	LPC	Melissa/Emily
9:30-10:30	Ultimate Workout	H	AC	La'Quesha/staff

For more information contact:
Adrian Akers at aakers@springfieldymca.org
or 217-544-9846 x137

Class Intensity: A: All levels, **L**: Low (beginner),
M: Medium (intermediate), **H**: High (advanced)
Class Location: AC: Aerobic Center--Lower Level, **LPC**: Lower Program Center--South Lower Level, **PR-B**: Program Room B (2nd Floor South), **WR**: Walnut Room (2nd Floor)
WC: Wellness Center (Second Floor)
***begins October 30**
Classes with particpants lower than 6 will be cancelled without notification.
New classes are in red.

Check out our app for more detailed information about instructors.
www.springfieldymca.org