FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN GROUP EXERCISE CLASS SCHEDULE 3/5-4/15

TIME	CLASS	INTENSITY	ROOM	INSTR
MONDAY				
5:30-6:30	Bootcamp	H	AC	Jess R.
9:15-10:00	Zumba	A	WR	Bieesha
10:15-11:00	Weights on Ball	A	AC	Cindy
11:00-12:00	Silver Sneakers Basic	L	LPC	Dora
11:40-12:10	YMCA Cycling	M	PR-B	Heather
12:15-12:45	YMCA Cycling	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 HIIT	A	AC	Julie
5:30-6:15	YMCA Cycling	M	PR-B	Heather
5:30-6:25	Zumba	A	AC	Bieesha
WEDNESDAY				
5:30-6:30	Zumba	A	WR	Pat
9:30-10:15	Step	M	AC	Lisa Mc.
11:40-12:10	YMCA Cycling	M	PR-B	Destiny
12:00-12:45	Bootcamp	M	AC	Carrie
12:15-12:45	YMCA Cycling	M	PR-B	Destiny
12:15-12:45	Kick'n Arms'n Abs	M	WR	Tami
12:15-1:00	Yoga	A	LPC	Donna
5:00-5:25	Zumba Toning	A	AC	Pat
5:00-5:45	TRX HIIT	M	track	Julie P.
5:30-6:30	WERQ Dance Fitness	A	AC	Kayla
5:45-6:30	YMCA Cycling	M	PR-B	Jessica A
FRIDAY				
5:30-6:20	Powerpump	H	AC	Cindy
11:40-12:10	YMCA Cycling	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	INSTR
TUESDAY				
5:05-5:50	TRX Basic	H	AC	Julie
5:30-6:15am	Body HIIT	M	AC	Cindy
5:45-6:30	YMCA Cycling	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	PowerPump	A	LPC	Michelle
4:45-5:30	Kettlebells/TRX	H	AC	Matt
5:30-6:30	Yoga	A	LPC	Tiffany
5:30-6:30	Body Conditioning	M	AC	Matt
5:45-6:30	YMCA Cycling	M	PR-B	Brad
6:45-7:30	jFithiphop	A	AC	Stephanie
7:45-8:45	Body Conditioning	A	AC	Jessica A.
THURSDAY				
New5:15-5:45	**YMCA Cycling**	**A**	**PR-B**	**Pat**
5:05-5:50	**TRX Basic**	**H**	**AC**	**Julie**
5:30-6:30	Power Yoga	A	LPC	Karel
5:30-6:30	Ultimate Workout	H	AC	Jessica
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
5:30-6:30	Yoga	A	LPC	Carlee
5:30-6:25	Body Conditioning	M	AC	Matt
6:45-7:30	JFit hiphop	A	AC	Stephanie
SATURDAY				
8:30-9:15	YMCA Cycling	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	Jess R./Emily

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)

Classes with less than 6 participants may be cancelled without notification

For more information contact Cindy Jordan at
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Group Exercise YMCA of Springfield

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