



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN TEMPORARY GROUP EXERCISE SCHEDULE

FOR THE WEEK OF AUGUST 21-26

TIME	CLASS	INTENSITY	ROOM	TIME	CLASS	INTENSITY	ROOM
MONDAY				TUESDAY			
5:30-6:30	Bootcamp	H	AC	5:30-6:30	Ultimate Workout	H	AC
9:15-10:00	Zumba	A	AC	5:30-6:30	Ycycling	M	PR-B
10:15-11:00	Weights on Ball	A	AC	9:30-10:45	Pilates Yoga	A	AC
11:00-12:00	Silver Sneakers Basic	L	LPC	12:00-1:00	Ultimate Workout	H	OUT
11:40-12:10	Ycycling	M	PR-B	12:15-12:45	Zumba	A	AC
12:15-12:45	Ycycling	M	PR-B	12:15-12:45	Power Pump	A	LPC
12:00-12:45	Bootcamp	H	OUT	4:45-5:30	Kettlebells/TRX	H	AC
12:15-1:00	Yoga	A	LPC	5:30-6:30	Yoga	A	LPC
12:15-12:45	Turbo Kick	A	AC	5:30-6:30	Body Conditioning	M	AC
4:45-5:15	Kick'n Arms'n Abs	M	AC	5:45-6:30	Ycycling	M	PR-B
5:00-5:45	TRX Basic	A	AC	6:45-7:30	jFithiphop	A	AC
5:30-6:15	Ycycling	M	PR-B	THURSDAY			
5:30-6:25	Zumba	A	AC	5:30-6:30	Yoga	A	LPC
WEDNESDAY				5:30-6:30	Ultimate Workout	H	AC
5:30-6:30	HIIT & Lift	M	AC	9:30-10:45	Pilates Yoga	A	AC
11:40-12:10	Ycycling	M	PR-B	11:00-12:00	Silver Sneakers Yoga	A	LPC
12:00-12:45	Bootcamp	M	OUT	12:00-1:00	Ultimate Workout	H	OUT
12:15-12:45	Ycycling	M	PR-B	12:15-12:45	Zumba	A	AC
12:15-1:00	Yoga	A	LPC	12:15-12:45	Power Pump	A	LPC
12:15-12:45	Kick'n Arms'n Abs	M	AC	5:30-6:30	Ycycling	M	PR-B
5:30-6:30	WERQ Dance Fitness	A	AC	SATURDAY			
5:45-6:30	Ycycling	M	PR-B	8:30-9:15	Ycycling	A	PR-B
FRIDAY				9:00-10:15	Yoga	A	LPC
5:30-6:30	Bootcamp	H	OUT	For more information contact:			
11:40-12:10	Ycycling	M	PR-B	Adrian Akers at aakers@springfieldymca.org			
12:00-12:45	Bootcamp	H	OUT	or 217-544-9846 x137			
12:15-1:00	Yoga	A	LPC	Check out our app for more detailed information about instructors.			

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), **OUT--** class will be conducted outside

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