



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## KERASOTES GROUP EXERCISE SCHEDULE (Aug 15-Aug 20)

Temporary schedule for August 15th through August 20th

TIME	CLASS	INTENSITY	ROOM	TIME	CLASS	INTENSITY	ROOM
<b>MONDAY</b>				<b>TUESDAY</b>			
5:15-6:15	Bootcamp	M	GES	5:15-6:15	Ultimate Workout	M	OUT
5:30-6:30	Yoga	A	MPR	8:15-9:00	Yoga	A	OUT
8:15-9:15	Pilates Yoga	A	MPR	9:15-10:15	<b>Ycycling</b>	M	MPR
9:20-10:00	Silver Sneakers Yoga	A	MPR	9:15-10:15	WERQ Dance Fitness	A	OUT
10:05-11:00	Power Pump	L	GES	5:30-6:25	Zumba	A	OUT
11:05-12:00	Zumba Gold	L	GES	6:30-7:25	R.I.P.P.E.D.	M	MPR
12:15-12:45	Ultimate Workout	H	GES	7:30-8:30	Power Pump	A	MPR
5:00-5:25	Toning Lite	A	GES				
5:30-6:30	Power Yoga	H	MPR				
5:30-6:25	Body Conditioning	M	GES				
6:30-7:25	jFitHipHop	A	OUT				
<b>WEDNESDAY</b>				<b>THURSDAY</b>			
5:15-6:05	Power Pump	A	MPR	5:15-6:15	Ultimate Workout	H	MPR
9:00-10:00	Yoga	A	MPR	9:15-10:15	Ycycling	M	MPR
9:00-10:00	Body Conditioning	M	OUT	10:20-11:10	Weights on Ball	M	MPR
10:15-11:15	Zumba	A	OUT	9:15-10:15	WERQ	A	OUT
12:15-12:45	Ultimate Workout	H	OUT	5:30-6:25	Zumba	A	OUT
5:30-6:25	Strong by Zumba	M	OUT	6:30-7:30	Power Pump	A	MPR
6:30-7:30	jFitHipHop	M	OUT				
<b>FRIDAY</b>				<b>SATURDAY</b>			
5:15-6:15	Power Yoga	H	MPR	7:15-8:15	Yoga	H	MPR
5:15-6:15	Bootcamp	M	OUT	8:20-9:10	Body Conditioning	M	OUT
8:15-9:00am	Yoga	A	MPR	9:15-10:15	Zumba	A	OUT
9:10-10:00	Power Pump	A	MPR	10:15-11:15	R.I.P.P.E.D.	M	MPR
8:15-9:00	Strength	H	OUT	11:15-12:15	WERQ Dance Fitness	A	OUT
10:10-10:50	Kickboxing	M	MPR				
11:00-12:00	Zumba Gold	L	MPR				
12:15-12:45	Ultimate Workout	H	OUT				
5:30-6:30	WERQ Dance Fitness	A	MPR	<b>SUNDAY</b>			
				9:00-10:00	Ycycling*	M	MPR
				8:30-9:30	Yoga	A	MPR

**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:**

Adrian Akers at aakers@springfieldymca.org or 217-544-9846

**OUT: class meets outside but will be cancelled if there is inclement weather**

**Check out our app for more detailed information about instructors.**

[www.springfieldymca.org](http://www.springfieldymca.org)