



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN GROUP EXERCISE EFFECTIVE 2/7/12

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am LPC PowerPump-A Instructor-Patty	5:45-6:30am GYM Military Fitness-H Instructor-Rob	5:45-6:30am WR Zumba-A Instructor-Patty	5:45-6:30am PR-D Ycycling-A Instructor-Patty	5:45-6:45am LPC Yoga-L Instructor-Diana	8:30-9:30am WR Zumba-A Instructor-Pat/Cindy
9:15-9:55am WR Zumba-A Instructor-Cari	9:15-10:15am WR Zumba Gold-L Instructor-Jessica	9:15-10:10am AC Turbo Kick-M Instructor-Karen	9:15-10:15am WR Zumba Gold-L Instructor-Cari	9:15-10:30am AC Body Conditioning-H Instructor-Matt	9:00-10:15am LPC Yoga-A Instructor-Valerie
10:00-10:45am WR Weights on Ball-L Instructor-Cari	9:30-10:45am AC PilatesYoga-L Instructor-Dora	10:10-11:00am AC Power Pump-A Instructor-Karen	9:30-10:45m AC Pilates/Yoga-A Instructor-Dora		9:30-10:45am AC TNT-M Instructor-AJ
11:40-12:10pm PR-D Ycycling-A Instructor-Jenny	12:15-12:45pm WR Zumba-A Instructor-Patty	11:40-12:10pm PR-D Ycycling-A Instructor-Wendy	12:15-12:45pm WR Zumba-A Instructor-Jessica	11:40-12:10pm PR-D Ycycling Instructor-Jenny	9:30-10:00am WR Zumba Toning-A Instructor-Patty/Cindy

AFTERNOON

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
12:15-12:45 PR-D Ycycling -A Instructor-Jenny	12:15-12:55pm AC Ultimate Workout-H Instructor-Nate	12:15-12:45pm PR-D Ycycling-A Instructor-Jenny	12:15-12:55pm AC Ultimate Workout-H Instructor-Nate	12:15-1:00pm LPC Weights on Ball-L Instructor-Jenny	3:00-4:00pm WR jFitHiphop-A Instructor-Aprill
12:15-12:45pm AC Strictly Cardio-H Instructor-Melissa	12:15-12:45pm LPC Power Pump-A Instructor-Michelle	12:15-1:00pm LPC Yoga-A Instructor-Kelly	12:15-12:45pm LPC Power Pump-A Instructor-Michelle	12:15-12:45pm WR jHiphop-A Instructor-Stephanie	
12:15-12:45pm WR Turbo Kick-A Instructor -Wendy	12:15-12:45pm PR-D Ycycling-A Instructor-Stephanie	12:15-12:45pm AC Strictly Cardio-H Instructor-Melissa	12:15-12:45pm PR-D Ycycling-A Instructor-Aprill		
12:15-1:00pm LPC Yoga-A Instructor-Dora	4:30-5:20pm AC TNT-M Instructor-AJ	12:15-12:45pm AC Turbo Kick-A instructor-Wendy			

EVENING

5:15-5:30pm LPC Strictly Abs-A Instructor- Michelle	5:15-6:15pm LPC Yoga-A Instructor-Valerie	5:15-5:30pm LPC Strictly Abs-A Instructor-Michelle	5:15-6:15pm LPC Yoga-A Instructor-Diana		
5:30-6:30pm AC Zumba-A Instructor-TJ	5:30-6:30pm AC Body Conditioning-H Instructor-Matt	5:30-6:25pm AC Zumba Rapido Instructor-Cindy	5:30-6:25pm AC Body Conditioning-H Instructor-Matt		
5:30-6:30pm LPC Power Pump-A Instructor-Michelle	6:30-7:30pm AC Zumba Gold-L Instructor-Patty	5:30-6:30pm LPC Power Pump-A Instructor-Michelle	6:30-7:30pm AC Zumba Toning-A Instructor-TJ		
5:30-6:15pm PR-D Ycycling-A Instructor -Karen	6:15-7:00pm PR-D Ycycling-A Instructor-Jessica A.	5:30-6:15pm PR-D Ycycling-A Instructor-Jill	6:15-7:00pm PR-D Ycycling-A Instructor-Jessica A.		
6:30-7:30pm AC R.I.P.P.E.D. -M Instructor-Stephanie	7:00-8:00pm WR jFitHiphop-A Instructor-Sheleda	6:30-7:30pm AC R.I.P.P.E.D. -M Instructor-Angie	7:00-8:00pm WR jFitHiphop-A Instructor-Fallon		

**AC-** Aerobic Center  
**LPC** - Lower Program Center  
**WR-** Walnut Room  
**PR-D-** Program Room D  
**Gym-**Gymnastics Room

**Class Intensity Rating:**

**L:** Low, **M:** Medium, **H:** High, **A-** ALL

**Schedule subject to change.**  
**classes With four or less participants**  
**will be canceled without notification.**

Kids 13yrs of age may participate in group exercise classes

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