



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KERASOTES GROUP EXERCISE SCHEDULE EFFECTIVE 2/13/12

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20-5:55am MP Ycycling-A Instructor-Jill	5:30-6:20am MP Ycycling-A Instructor-Alissa	5:30-6:30am GES Step Blast-M Instructor-Jill	5:30-6:30am GES jFitHiphop-A Instructor-Lisa H.	5:30-6:30am GES Power Pump-L Instructor-Cindy	8:00-9:00am MP Yoga-L Instructor-Diana	8:30-9:30am MP Ycycling-A Instructor-Teresa
5:30-6:30am GES Zumba- A Instructor-Cindy	5:30-6:30p.m. GES Pilates-A Instructor-Betty		5:30-6:20pm MP Ycycling-A Instructor-Alissa			
8:30-9:30am MP Pilates-L Instructor-Angela	8:15-9:00am GES Yoga-L Instructor-Amanda	8:30-9:30am MP Pilates-L Instructor-Angela	8:15-9:00am GES Yoga Instructor-Amanda	8:30-9:15am MP Ycycling-A Instructor-Kendall	8:30-9:25am GES Body Conditioning-H Instructor-Teresa	
9:00-9:55am GES Turbo Kick-M Instructor-Lori	9:15-10:10am GES Body Conditioning-H Instructor-Teresa	9:00-9:55m GES Step Blast-M Instructor-Teresa	9:15-10:00am GES jFithiphop-A Instructor-Cindy	9:00-9:55am GES Step Blast-M Instructor-Teresa	9:15-9:50am Gym Punk Rope-F Instructor-Jenny	

AFTERNOON

10:00-11:00am GES Power Pump-L Instructor-Lori	10:15-11:15am GES Zumba-A Instructor-Teryn	10:00-10:45am GES Weights on Ball-L Instructor-Elaine	10:15-11:00am GES Power Pump-A Instructor-Dana	10:00-11:00am MP Zumba Gold-L Instructor-Tik	9:15-10:00am MP Ycycling-A Instructor-Lisa L.	
10:00-11:00am MP Zumba Gold-L Instructor-Tik	11:15-12:00pm MP ChairYoga-L Instructor-Jeannie	12:10-12:40pm GES Zumba-A Instructor-Jessica	11:15-12:00am MP ChairYoga-A Instructor-Jeannie	10:00-10:50am GES Weights on Ball Instructor-Dana	9:30-10:25am GES Zumba-A Instructor-Tik/Jessica B.	
12:10-12:40pm GES Zumba-A Instructor-Teryn	12:15-12:45pm GES Turbo Kick-M Instructor-Wendy	12:15-12:45pm MP Ycycling-A Instructor-Alissa	12:15-12:45pm GES Turbo Kick-M Instructor-Wendy	12:15-1:00 GES R.I.P.P.E.D.-A Instructor-Angie	10:15-10:45am MP Ycycling-A Instructor-Lisa L.	
12:15-12:45pm MP Ultimate Workout-H Instructor-Matt	4:45-5:10pm GES Ultimate Workout-H Instructor-Lisa L.	5:00-6:00pm MP Yoga-A Instructor-CindyK.	4:45-5:10pm GES Strictly Cardio-H Instructor-Lisa L.		10:30-11:15am GES R.I.P.P.E.D.-M Instructor-Staff	

EVENING

4:15-5:00pm MP Ycycling -A Instructor -Kendall	5:10-5:25pm GES Strictly Abs-A Instructor-Lisa L.	5:30-6:25pm GES Body Conditioning-H Instructor-Aprill	5:10-5:25pm GES Strictly Abs -H Instructor-Lisa L.		GES Group Ex. Studio	
5:20-6:20pm MP Yoga-L Instructor-Diana	5:30-6:30pm GES Zumba-A Instructor-Cindy	6:15-6:55pm MP Ycycling-A Instructor-Staff	5:30-6:25pm GES Zumba-A Instructor-Jessica		MP Multi-Purpose Room	
5:30-6:30pm GES Body Conditioning-H Instructor-Aprill	6:30-7:25pm GES R.I.P.P.E.D.-M Instructor-Jill	6:30-7:25pm GES jFit Hiphop-A Instructor-April	6:30-7:25pm GES R.I.P.P.E.D.-M Instructor-Stephanie		Gym Gymnasium	
6:30-7:15pm MP Ycycling-A Instructor-Lisa L.	6:45-7:25pm MP Ycycling-A Instructor-Angela		7:30-8:15pm GES Pilates-A Instructor-Angela		Class Intensity Rating: L: Low, M: Medium, H: High, A-All A: ALL and F: Family	
6:30-7:25pm GES jFit Hiphop-A Instructor-Lisa H.	7:30-8:15pm GES Pilates-A Instructor- Angela				Schedule subject to change without notification. Classes with four or fewer participants will be canceled without notification.	

Cindy Kropid,
Group Exercise Coordinator
For Downtown and Kerasotes Y
ckropid@springfieldymca.org
www.springfieldymca.org
217-679-1625 ext.183 or 217-544-9846 ext. 137
Revised 2/8/12