FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN GROUP EXERCISE CLASS WINTER SCHEDULE

EFFECTIVE JAN 7, 2019

TIME	CLASS	INTENSITY	ROOM	INSTR
MONDAY				
5:30-6:30	Bootcamp	H	AC	Bettianne
9:15-10:00	Zumba	A	WR	Bieesha
10:15-11:00	Weights on Ball	A	AC	Jessica Ba.
11:00-12:00	Silver Sneakers Basic	L	LPC	Dora
11:40-12:10	Ycycling	M	PR-B	Dana
12:00-12:45	Bootcamp	H	AC	Jeff
12:15-12:45	Ycycling	M	PR-B	Dana
12:15-1:00	Yoga	A	LPC	Dora
12:15-12:45	Turbo Kick	A	WR	Wendy
4:45-5:15	**Kick'N, Arms & Abs****	M	**AC**	Tami
5:00-5:45	TRX HIIT	A	Track	Julie
5:30-6:25	Zumba	A	AC	Bieesha
5:45-6:30	Ycycling	M	PR-B	Heather
WEDNESDAY				
5:30-6:30	Zumba	A	WR	Pat
11:40-12:10	Ycycling	M	PR-B	Destiny
12:00-12:45	Bootcamp	H	AC	Jeff
12:15-12:45	Ycycling	M	PR-B	Destiny
12:15-12:45	Kick'N, Arms & Abs	M	WR	Tami
12:15-1:00	Yoga	A	LPC	Donna
5:00-5:45	TRX HIIT	M	Track	Julie
5:30-6:15	WERQ	A	*AC*	Cindy W.
5:45-6:30	Ycycling	M	PR-B	Jessica A
FRIDAY				
5:30-6:20	**Strong by Zumba****	H	**AC**	**Molly****
11:40-12:10	Ycycling	M	PR-B	Destiny
12:00-12:45	Bootcamp	H	AC	Carrie
12:00-12:45	WERQ	A	WR	Cindy W.
12:15-12:45	Ycycling	M	PR-B	Destiny
12:15-1:00	Yoga	A	LPC	Emily

TIME	CLASS	INTENSITY	ROOM	INSTR
TUESDAY				
5:05-5:50	TRX Basic	H	Track	Julie
5:30-6:15	Body HIIT	M	AC	Tony
5:45-6:30	Ycycling	M	PR-B	Chris
9:30-10:45	Pilates Yoga	A	AC	Dora
12:00-12:45	Ultimate Workout	H	AC	Allison
12:15-12:45	Zumba	A	WR	Jessica Ben.
12:15-12:45	PowerPump	A	LPC	Michelle
4:45-5:30	Kettlebells/TRX	M	AC	Matt
5:30-6:45	Yoga	A	LPC	Tiffany
5:30-6:30	Body Conditioning	H	AC	Matt
5:45-6:30	Ycycling	M	PR-B	Ron**
6:45-7:30	**Hip Hop Dance Fit***	A	AC	Stephanie
THURSDAY				
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	Tony
9:30-10:45	Pilates Yoga	A	AC	Dora
11:00-12:00	Silver Sneakers Yoga	A	LPC	Dora
12:00-12:45	Ultimate Workout	H	AC	Allison
12:15-12:45	Zumba	A	WR	Jenny
12:15-12:45	Power Pump	A	LPC	Michelle
4:45-5:30	Kettlebells/TRX	M	AC	Matt
5:30-6:30	Holy Yoga	A	LPC	Amy
5:30-6:25	Body Conditioning	H	AC	Matt
5:45-6:30	Ycycling	M	PR-B	Ron
6:45-7:30	**Hip Hop Dance Fit***	A	AC	Stephanie
SATURDAY				
8:30-9:15	Ycycling	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	Bettianne/Emily*

***New Class Name, same class**
****New Class/Instructor**

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)

myzone®

Are you in YOUR zone???

Join our Facebook group at: YMCA of Springfield Land and Water Group Exercise

****Classes with less than 6 participants may be cancelled**

*****Please download our YMCA of Springfield app to receive notifications for cancelations or emergencies*****

Contact Jessica Baxter for more information:
(217) 544-9846 ext. 145
jbaxter@springfieldymca.org

Or go to…
www.springfieldymca.org