



YMCA of Springfield Downtown group ex schedule schedule subject to change

	MON	TUE	WED	THU	FRI	SAT	SUN	
Morning	5:30-6:30 STRONG NATION <u>Studio 2 + Zoom</u> Tony	5:30-6:30 Y-BC <u>Studio 2 + Zoom</u> Bettianne	5:30-6:30 Y-Stretch <u>Studio 2 + Zoom</u> Bettianne	5:30-6:30 Y-BC <u>Studio 2 + Zoom</u> Bruce	5:30-6:30 STRONG NATION <u>Studio 2 + Zoom</u> Alicia			
	8:30-9:30 Y-SPLASH <u>Pool</u> TBD	8:30-9:30 Y-Pump <u>Studio 2 + Zoom</u> Laila	8:30-9:30 Y-SPLASH <u>Pool</u> TBD	8:30-9:30 Y-Pump <u>Studio 2 + Zoom</u> Laila	8:30-9:30 Y-SPLASH <u>Pool</u> TBD	8:30-9:15 Y-Cycle <u>Studio 1</u> James		
	8:30-9:30 Zumba <u>Studio 2 + Zoom</u> Ali	9:45-10:45 SS-SPLASH <u>Pool</u> Maria		9:45-10:45 SS-SPLASH <u>Pool</u> Maria	8:30-9:30 Zumba <u>Studio 2 + Zoom</u> Jodi	8:30-9:30 Y-BC <u>Studio 2 + Zoom</u> Bettianne		
	9:45-10:45 Yoga <u>Studio 2 + Zoom</u> Laila		9:45-10:45 Yoga <u>Studio 2 + Zoom</u> Laila		9:45-10:45 Yoga <u>Studio 2 + Zoom</u> Laila	9:45-10:45 Zumba <u>Studio 2 + Zoom</u> Jenny		
		9:45-10:45 Pilates <u>Studio 1</u> Dora		9:45-10:45 Pilates <u>Studio 1</u> Dora		9:45-10:45 Yoga <u>Studio 1</u> Melissa		
		11:00-11:45 SilverSneakers <u>Studio 2 + Zoom</u> Dora		11:00-11:45 SilverSneakers <u>Studio 2 + Zoom</u> Dora				
Noon	12:00-12:45 Bootcamp <u>Studio 2 + Zoom</u> Jeff	12:00-12:45 Y-Pump <u>Studio 2 + Zoom</u> Dana	12:00-12:45 Bootcamp <u>Studio 2 + Zoom</u> Jeff	12:00-12:45 Y-Pump <u>Studio 2 + Zoom</u> Wendy	12:00-12:45 Bootcamp <u>Studio 2 + Zoom</u> TBD			
	12:00-12:45 Cycle <u>Studio 1</u> Destiny		12:00-12:45 Cycle <u>Studio 1</u> Destiny					
Evening	5:00-5:45 Y-Pump <u>Studio 2 + Zoom</u> Jill	5:00-6:00 Y-BC <u>Studio 2 + Zoom</u> James	5:00-5:45 Y-Pump <u>Studio 2 + Zoom</u> Wendy	5:00-6:00 Y-BC <u>Studio 2 + Zoom</u> James				
	5:00-5:45 Zumba <u>Studio 1</u> Breasha	5:00-5:45 STRONG NATION <u>Studio 1</u> Alicia L	5:00-5:45 WERQ <u>Studio 1</u> Cari	5:00-5:45 Y-Combat <u>Studio 1</u> Laila				
			5:30-6:15 Y-H2O <u>Pool</u> Stephanie		5:30-6:15 Y-H2O <u>Pool</u> Stephanie			
		6:00-6:45 Y-Cycle <u>Studio 1</u> Ron	6:00-6:45 Y-Cycle <u>Studio 1</u> James	6:00-6:45 Y-Cycle <u>Studio 1</u> Ron				

Download our APP to register for classes and receive important information regarding cancellations or emergencies

Schedule subject to change.

For their safety, Kids under 13 are should not participate in Group Ex. Classes unless it is designated a kids or family class.

For more information contact:

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Scan this QR code:



Or type this in your browser:

<https://www.springfieldymca.org/ymca-app/>