



YMCA of Springfield

Kerasotes group ex schedule

schedule subject to change

	MON	TUE	WED	THU	FRI	SAT	SUN
GES + Zoom	5:30-6:30 STRONG NATION <u>DT Zoom</u> Tony	5:30-6:30 Y-BC <u>DT Zoom</u> Tony	5:30-6:30 Y-Stretch <u>DT Zoom</u> James	5:30-6:30 Y-BC <u>DT Zoom</u> Bruce	5:30-6:30 STRONG NATION <u>DT Zoom</u> Alicia		
		5:30-6:15 Y-Cycle <u>MPR</u> Mike		5:30-6:15 Y-Cycle <u>MPR</u> Mike			
	8:30-9:30 Y-Pump <u>GES + Zoom</u> Erin	8:30-9:30 Y-FIT <u>GES + Zoom</u> Erin	8:30-9:30 Zumba <u>GES + Zoom</u> Ali	8:30-9:30 Y-FIT <u>GES + Zoom</u> Erin	8:30-9:30 Y-Pump <u>GES + Zoom</u> Erin		
	8:30-9:30 Y-SPLASH <u>Pool</u> Cara	9:45-10:45 Y-Cycle <u>MPR</u> Lacey	8:30-9:30 Y-SPLASH <u>Pool</u> Cara	9:45-10:45 Y-Cycle <u>MPR</u> Lacey	8:30-9:30 Y-SPLASH <u>Pool</u> Cara	8:30-9:30 STRONG NATION <u>GES + Zoom</u> Ali/Haley	
	9:45-10:45 Zumba Gold <u>GES + Zoom</u> Julie	9:45-10:45 Y-SPLASH <u>Pool</u> Erin	9:45-10:45 Yoga <u>GES + Zoom</u> Ali	9:45-10:45 Y-SPLASH <u>Pool</u> Cara	9:45-10:45 Zumba Gold <u>GES + Zoom</u> Julie	9:45-10:45 Zumba <u>GES + Zoom</u> Ali/Haley	9:00-10:00 Y-Cycle <u>MPR</u> John
	9:45-10:45 Aqua Zumba <u>Pool</u> Vidya		9:45-10:45 Aqua Zumba <u>Pool</u> Vidya	9:45-10:45 Yoga <u>GES + Zoom</u> Angela			9:00-10:00 Yoga <u>GES + Zoom</u> Angela
	11:00-11:45 SilverSneakers <u>GES + Zoom</u> Julie	11:00-11:45 Chair yoga <u>GES + Zoom</u> Maggie	11:00-11:45 SilverSneakers <u>GES + Zoom</u> Rose	11:00-11:45 SilverSneakers <u>DT Zoom</u> Dora	11:00-11:45 SilverSneakers <u>GES + Zoom</u> Julie		
Noon		12:00-12:45 Deep Water <u>Pool</u> Cara		12:00-12:45 Deep Water <u>Pool</u> Cara			
Evening	5:00-5:45 Y-Pump <u>DT Zoom</u> Jill	5:00-5:45 Yoga <u>MPR</u> Melissa	5:00-5:45 Y-Pump <u>DT Zoom</u> Wendy				
	5:30-6:30 STRONG NATION <u>GES + Zoom</u> Ali	5:30-6:30 Zumba <u>GES + Zoom</u> Haley	5:30-6:30 STRONG NATION <u>GES + Zoom</u> Haley	5:30-6:30 Zumba <u>GES + Zoom</u> Haley	5:30-6:30 WERQ <u>GES + Zoom</u> Tahira		
	5:30-6:30 Y-Cycle <u>MPR</u> Dana		5:30-6:30 Y-Cycle <u>MPR</u> Dana	6:00-6:45 Yoga <u>MPR</u> Tiffany			
	6:45-7:30 Y-Pump <u>GES + Zoom</u> Dana		6:45-7:30 Y-Pump <u>GES + Zoom</u> Dana				

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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