

August
2025



GROUP EXERCISE SCHEDULE



MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ YSpin	5:30 AM	Amanda	Summit Branch
\$ Cardio Combo	8:30 AM	Lori	Virtual & Downtown/Group Ex. Studio
\$ Human Reformer Pilates	9:45 AM	Allie	Downtown/Group Ex. Studio
\$ Body Pump	9:45 AM	Michelle	Summit Branch
\$ Aqua Fit	10:00 AM	Lauren	Downtown/Large Pool
Senior Fitness	11:00 AM	Sherri	Summit Branch
Barre	4:30 PM	Lori	Summit Branch
Zumba	5:30 PM	Jen S.	Downtown/Group Ex. Studio
\$ Yoga Flow	5:30 PM	Jeremy	Downtown/Multipurpose Room

TUESDAY

\$ TRX	5:30 AM	Don	Downtown/Training Studio
\$ 20/20/20	8:30 AM	Jen S.	Downtown/Group Ex. Studio
\$ Yoga	9:45 AM	Teresa	Downtown/Group Ex. Studio
Pilates	9:45 AM	Michelle	Summit Branch/Room
Silver Sneakers	11:00 AM	Jeff	Summit Branch
\$ Aqua Zumba	5:15 PM	Gayle	Downtown/Large Pool
\$ Body Pump	5:30 PM	Jen	Downtown/Group Ex. Studio
\$ Yoga HIIT	5:30 PM	Jeremy	Downtown/Training Studio

WEDNESDAY

\$ YSpin	5:30 AM	Amanda	Summit Branch
\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
\$ Yoga Flow	8:30 AM	Jeremy	Downtown/Group Ex. Studio
\$ Aqua Fit	10:00 AM	Christine K	Downtown/Large Pool
Zumba Gold	11:00 AM	Sherri	Summit Branch
Turning Point Strength	12:15 PM	Michelle	Summit Branch
T.B. Conditioning	4:30 PM	Lori	Summit Branch
\$ TRX	5:30 PM	Kelly	Downtown/Training Room
\$ Cardio HITT	5:30 PM	Rosa	Downtown/Group Ex. Studio

New Class!

Yoga HIIT with Jeremy - Tuesdays at 5:30 PM

Get the best of both worlds with this fusion of high-intensity interval training and yoga. You'll alternate between bursts of cardio and strength-building moves followed by grounding yoga flows to stretch, recover, and reset.

24/7 Access is Here!

Your Y, Your Time - 24/7 Access is Here!

Work out whenever it fits your schedule - early mornings, late nights, and every hour in between.

Stop by the front desk today to sign up for 24/7 access!

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ Cardio Barre	8:30 AM	Allie	Virtual & Downtown/Group Ex. Studio
Pilates	9:45 AM	Michelle	Summit Branch
Silver Sneakers	11:00 AM	Michelle	Summit Branch
\$ Aqua Zumba	5:15 PM	Gayle	Downtown/Large Pool
\$ Human Reformer Pilates	5:30 PM	Rosa	Downtown/Group Ex. Studio
Zumba	5:30 PM	Karah	Summit Branch
Line Dancing	6:45 PM	Ariana	Downtown/Group Ex. Studio

FRIDAY

\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
Barre	8:30 AM	Lori	Virtual & Summit
\$ YSpin	8:30 AM	Bob	Summit/Spin Room
\$ Aqua Fit	10:00 AM	Christine K	Downtown/Large Pool
Silver Sneakers	11:00 AM	Jeff	Summit Branch

SATURDAY

Rebound	8:30 AM	Sheryl	Downtown/Group Ex. Studio
\$ Body Pump	8:45 AM	Jen S.	Summit Branch
\$ Kettlebells*	9:00 AM	Walt	Downtown/Training Studio
\$ Aqua Fit	9:00 AM	Michele/Christine	Downtown/Large Pool
Zumba	10:00 AM	Jen S.	Summit Branch
\$ Yoga Flow**	10:00 AM	Jeremy	Downtown/Group Ex. Studio
Zumba	11:15 AM	LaMonica	Downtown/Group Ex. Studio

* class concludes on Saturday, August 2nd

** class begins on Saturday, August 9th

LOCATIONS

Downtown Branch Summit Branch
127 W. Wesley St. 2151 Ferguson Rd.

517.782.0537
JacksonYMCA.org

PRICING

YMCA Members

Classes marked with a "\$" are:
\$10 drop-in ; \$28 monthly
All other classes are free

Community Members

- \$17 drop-in; \$148 for 10 classes

Please arrive 5-10 minutes early; bring a water bottle & towel.