

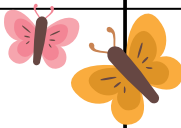
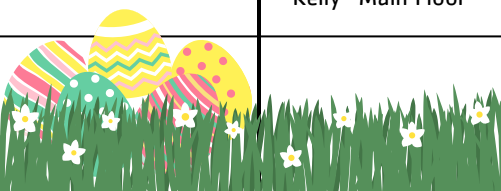
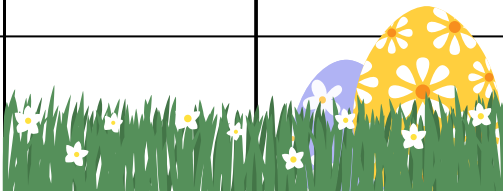


SUMMIT BRANCH April Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ Y SPIN 5:30 AM Belinda - Main Floor	\$ TRX 5:30 AM Don - Main Floor	\$ Y SPIN 5:30 AM Amanda - Main Floor	FULL BODY STRENGTH 5:30 AM Margot - Main Floor		
CARDIO COMBO 8:30 AM Lori - Main Floor		\$ RIDE & RENEW 8:30 AM Teresa - Main Floor		BARRE 8:30 AM Lori - Main Floor	\$ BODY PUMP 8:45 AM Jen - Main Floor
\$ BODY PUMP 9:45 AM Michelle - Main Floor	PILATES 9:45 AM Michelle - Spin Room		PILATES 9:45 AM Michelle - Main Floor	\$ Y SPIN 8:30 AM Bob - Spin Room	
SENIOR FITNESS 11:00 AM Sherri - Main Floor	\$ YOGA 9:45 AM Teresa - Main Floor	ZUMBA GOLD 11:00 AM Sherri - Main Floor	SILVER SNEAKERS 11:00 AM Michelle - Main Floor	SILVER SNEAKERS 11:00 AM Jeff - Main Floor	ZUMBA 10:00 AM Jen - Main Floor
	SILVER SNEAKERS 11:00 AM Jeff - Main Floor	TURNING POINT STRENGTH 12:15 PM Michelle - Main Floor			
BARRE 4:30 PM Lori - Main Floor		TOTAL BODY CONDITIONING 4:30 PM Lori - Main Floor			
		\$ TRX 5:30 PM Kelly- Main Floor	ZUMBA 5:30 PM Karah - Main Floor		
\$ FUNCTIONAL SPIN 5:30 PM Kathy - Main Floor					

LOCATIONS

Downtown Branch

127 W. Wesley St.
517.782.0537

Summit Branch

2151 Ferguson Rd.
JacksonYMCA.org

PRICING

YMCA Members

Classes marked with a "\$" are:
\$8 drop-in; \$22 monthly

Community

\$15 drop-in;
\$98 for 10 classes

HAVE YOU TRIED?

AMPD 30 WITH KYLA
4:30 PM DOWNTOWN- Group Exercise Studio A

\$ BODY PUMP WITH JEN
5:30 PM DOWNTOWN- Group Exercise Studio A

NEW! **LINE DANCING WITH ARIANA**
6:45PM DOWNTOWN - Group Exercise Studio A