


SUMMIT BRANCH March 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	\$ Y SPIN 8:30 AM Bob - 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			\$ Y SPIN 5:30 PM Elaine - Spin Room		

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

FEATURED CLASSES

CARDIO BARRE WITH ALLIE
8:30 AM DOWNTOWN- Group Exercise Studio A

ZUMBA WITH LAMONICA
11:15 AM DOWNTOWN- Group Exercise Studio A

NEW!
TIME

REBOUNCE WITH SHERYL
8:45 AM DOWNTOWN