

May
2026



GROUP EXERCISE SCHEDULE



MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ YCycle	5:30 AM	Amanda	Downtown/Cycling Studio
\$ FormLab	6:00 AM	Constance	Downtown/Training Studio
\$ Cardio Combo	8:30 AM	Lori	Virtual & Downtown/Group Ex. Studio
\$ Body Pump	9:45 AM	Michelle	Summit Branch
\$ Aqua Fit	10:00 AM	Lauren/Melissa	Downtown/Large Pool
Senior Fitness	11:00 AM	Sherri	Summit Branch
Barre	4:30 PM	Lori	Summit Branch
Zumba	5:30 PM	Jen	Downtown/Group Ex. Studio
\$ YCycle	5:30 PM	Kathy/Amanda	Downtown/Cycling Studio
\$ Yoga Movement	6:45 PM	Jeremy	Downtown/Group Ex. Studio

TUESDAY

\$ TRX	5:30 AM	Don	Downtown/Training Studio
\$ Y Cycle	8:30 AM	Bob	Downtown/Group Ex. Studio
\$ 20/20/20	8:30 AM	Jen	Downtown/Group Ex. Studio
\$ Yoga	9:45 AM	Teresa	Downtown/Group Ex. Studio
Pilates	9:45 AM	Michelle	Summit Branch
Senior Fitness	11:00 AM	Michelle/Jeff	Summit Branch
Golden Barre	1:00 PM	Allie	Virtual & Downtown/Group Ex. Studio
\$ Aqua Zumba	5:15 PM	Gayle	Downtown/Large Pool
\$ Body Pump	5:30 PM	Jen	Downtown/Group Ex. Studio
\$ Yoga HIIT	6:45 PM	Jeremy	Downtown/Group Ex. Studio

WEDNESDAY

\$ Y Cycle	5:30 AM	Amanda	Downtown/Training Studio
\$ FormLab	6:00 AM	Constance	Downtown/Cycling Studio
\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
\$ Yoga Movement	8:30 AM	Jeremy	Downtown/Group Ex. Studio
 \$ YCycle 45	9:00 AM	Allie	Downtown/Cycling Studio
\$ Aqua Fit	10:00 AM	Christine	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	Downtown/Group Ex. Studio
\$ TRX Bootcamp	5:30 PM	Kelly	Downtown/Training Studio



Our adaptive classes focus on accessibility and support for a wide range of abilities and mobility needs. With modified equipment, welcoming pacing, and expert guidance, these classes are especially supportive for older adults and people with disabilities, and they are open to anyone who benefits from an inclusive approach to movement.

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

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ TRX	5:30 AM	Don	Downtown/Training Studio
\$ 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
\$ YCycle	5:30 PM	Amanda	Downtown/Cycling Studio
\$ Human Reformer Pilates	5:30 PM	Rosa	Downtown/Group Ex. Studio
Zumba	5:30 PM	Karah	Summit Branch

FRIDAY

\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
Barre	8:30 AM	Lori	Virtual & Downtown/Group Ex Studio
\$ YCycle	8:30 AM	Bob	Downtown/Cycling Studio
\$ Aqua Fit	10:00 AM	Christine	Downtown/Large Pool
Senior Fitness	11:00 AM	Michelle/Jeff	Summit Branch
 Chair Yoga	1:00 PM	Jeremy	Virtual & Downtown/Group Ex Studio

SATURDAY

Rebound	8:45 AM	Sheryl	Downtown/Group Ex. Studio
\$ Body Pump	8:45 AM	Jen/Karah	Summit Branch
\$ Aqua Fit	9:00 AM	Michele/Christine	Downtown/Large Pool
\$ YCycle 45	9:00 AM	Amanda	Downtown/Cycling Studio
\$ FormLab	9:00 AM	Constance	Downtown/Training Studio
Zumba	10:00 AM	Jen/Karah	Summit Branch
\$ Yoga Movement	10:00 AM	Jeremy	Downtown/Market 9 th & 23rd
Zumba	11:15 AM	LaMonica	Downtown/Group Ex. Studio

SUN

\$ Y-rox	11:30 AM	Kathy	Downtown/Training Studio
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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