




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	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
	\$ YCycle	5:30 PM	Micah	Downtown/Cycling Studio
	\$ Yoga Flow	6:45 PM	Jeremy	Downtown/Group Ex. Studio
TUESDAY	\$ TRX	5:30 AM	Don	Downtown/Training Studio
	\$ YCycle 45	7:30 AM	Bob	Downtown/Cycling 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
	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	\$ YCycle	5:30 AM	Amanda	Downtown/Cycling Studio
	\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
	\$ Yoga Flow	8:30 AM	Jeremy	Downtown/Group Ex. Studio
	 \$ YCycle 45	9:00 AM	Allie	Downtown/Cycling Studio
	\$ Aqua Fit	10:00 AM	Christine K	Downtown/Large Pool
	Zumba Gold	11:00 AM	Sherri	Summit Branch
	\$ FormLab	12:00 PM	Constance	Downtown/Training Studio
	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
	\$ Cardio HITT	5:30 PM	Rosa	Downtown/Group Ex. 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	Micah	Downtown/Cycling Studio
\$ Human Reformer Pilates	5:30 PM	Rosa	Downtown/Group Ex. Studio
Zumba	5:30 PM	Karah	Summit Branch
WERQ	6:45 PM	Nicole	Downtown/Group Ex. Studio

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 K	Downtown/Large Pool
Senior Fitness	11:00 AM	Michelle/Jeff	Summit Branch
\$ YCycle 30	12:15 PM	Theresa	Downtown/Cycling Studio
 Chair Yoga	1:00 PM	Jeremy	Virtual & Downtown/Group Ex Studio

SATURDAY

WERQ	8:30 AM	Nicole	Downtown/Group Ex. Studio
\$ Body Pump	8:45 AM	Jen S./Karah	Summit Branch
\$ Aqua Fit	9:00 AM	Michele/Christine	Downtown/Large Pool
\$ YCycle 45	9:00 AM	Delaney/Amanda	Downtown/Cycling Studio
\$ FormLab	9:00 AM	Constance	Downtown/Training Studio
Rebound	9:00 AM	Sheryl	Downtown/Multipurpose Room
Zumba	10:00 AM	Jen S./Karah	Summit Branch
\$ Yoga Flow	10:00 AM	Jeremy	Downtown/Group Ex. Studio
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