

July  
2026



**GROUP EXERCISE SCHEDULE**



**MONDAY**

CLASS	TIME	INSTRUCTOR	LOCATION
\$ YCycle	5:30 AM	Amanda	Downtown/Cycling 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	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
\$ 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/Commonwealth Studio
\$ Core Combat	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/Commonwealth Studio
\$ Circuits	6:00 AM	Montu	Downtown/Group Ex. Studio
\$ Movement	8:30 AM	Jeremy	Downtown/Group Ex. Studio
\$ YCycle 45	9:00 AM	Allie	Downtown/Commonwealth 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
Dance Cardio	5:30 PM	John	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
\$ 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
Park Bootcamp	8:00 AM	Jeremy	Hills at Cascades Park
\$ Aqua Fit	9:00 AM	Michelle/Christine	Downtown/Large Pool
Zumba	10:00 AM	Jen/Karah	Summit Branch
\$ Movement	10:00 AM	Jeremy	Downtown / Market 11 <sup>th</sup> and 25 <sup>th</sup>
Zumba	11:15 AM	LaMonica	Downtown/Group Ex. Studio

**LOCATIONS**

Downtown Branch  
127 W. Wesley St.

Summit Branch  
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