

**JULY
2022**

GROUP EXERCISE SCHEDULE



MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
\$ YSpin	5:30 AM	Belinda	Summit Branch
\$ Spin & Sculpt	8:30 AM	Kathy	Downtown / X-Train Room
Cardio Combo	8:30 AM	Tom/Lori	Virtual & Downtown/Aero
\$ Body Pump	9:45 AM	Michelle	Downtown / Aerobics Room
Senior Fitness	9:45 AM	Sheri	Summit
\$ Aqua Fit	10:00 AM	Lauren	Downtown / Large Pool
\$ Pedaling/Parkinson's *	11:00 AM	Mailynn	Downtown / X-Train Room
Barre	4:45 PM	Lori	Summit
\$ YSpin	5:30 PM	Elaine	Summit
Zumba	5:30 PM	Jen S.	Downtown / Aerobics Room
\$ Taekwondo *	6:00 PM	James Rodgers	See flyer for details

TUESDAY

Arms, Abs & Assets	5:30 AM	Margot	Summit Branch
\$ TRX	5:30 AM	Don	Downtown/X-Train Room
20/20/20	8:30 AM	Mailynn	Summit Branch
\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
Pilates	9:45 AM	Michelle	Virtual & Downtown/Aero
\$ Yoga	9:45 AM	Teresa	Summit Branch
\$ Aqua Fit	10:00 AM	Koke	Downtown / Large Pool
Silver Sneakers	11:00 AM	Jeff	Summit Branch
\$ Rock Steady Boxing *	1:15 PM	Mailynn/Coaches	Summit / See Back Page
\$ Body Pump	5:30 PM	Jen	Summit Branch
Compound Cardio Blast	5:30 PM	Mailynn	Downtown / Aerobics Room
Aqua Zumba	6:00 PM	Gayle	Downtown / Large Pool
Turning Point *	6:00 PM	Michelle	Wellness Center

WED AM & PM

\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
\$ Spin & Tone	5:30 AM	Belinda	Summit Branch
Compound Cardio Blast	8:30 AM	Mailynn	Virtual & Downtown/Aero
\$ Ride & Renew	8:30 AM	Teresa	Summit Branch
\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
\$ Pedaling/Parkinson's *	11:00 AM	Mailynn	Downtown / X-Train Room
Silver Sneakers Yoga	11:00 AM	Rachel	Summit Branch
Tai Chi	12:15 PM	Ken	Summit Branch
T.B. Conditioning	4:45 PM	Lor	Summit Branch

Wed. continued on back

*Registration required

	CLASS	TIME	INSTRUCTOR	LOCATION
WED PM	Zumba	5:30 PM	Tracy	Downtown / Aerobics Room
	\$ Taekwondo *	6:00 PM	James Rodgers	Summit
THURSDAY	\$ TRX	5:30 AM	Don	Downtown / X-Train Room
	T.B. Conditioning	5:30 AM	Margot	Summit Branch
	\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
	Pilates	9:45 AM	Michelle	Summit Branch
	\$ Aqua Fit	10:00 AM	Koke	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Michelle	Summit Branch
	\$ Target Tone	12:15 PM	Jeff	Downtown / Aerobics Room
	\$ Rock Steady Boxing	1:15 PM	Mailynn/Coaches	Summit / See Below
	Cardio Kick	5:30 PM	Sheryl	Downtown / Aerobics Room
	Zumba	5:30 PM	Karah	Summit Branch
	Aqua Zumba	6:00 PM	Gayle	Downtown / Large Pool
FRIDAY	\$ Ride & Renew	5:30 AM	Teresa	Summit Branch
	Barre	8:30 AM	Bonnie	Virtual & Downtown/Aero
	\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
	\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Jeff	Summit Branch
SATURDAY	\$ Cross Train - Step	8:00 AM	Lori/Kathy	Virtual & Downtown/Aero
	\$ Body Pump	8:45 AM	Jen S.	Summit Branch
	Cardio Kick	10:05 AM	Sheryl	Downtown / Aerobics Room
	\$ Aqua Fit	9:00 AM	Erin/Aquatics Staff	Downtown / Large Pool
	Zumba	10:00 AM	Jen S.	Summit Branch
	Zumba	11:15 AM	LaMonica	Downtown / Aerobics Room
	Aqua Zumba	12:30 PM	LaMonica	Downtown / Large Pool

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

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:

- \$8 drop-in ; \$22 monthly

All other classes are free

Community Members

- \$14 drop-in; \$98 for 10 classes
- \$59 monthly for virtual

Download our app for updates!

Download YMCA Universal; make sure notifications are enabled.

Parkinson's Programs

We offer Rock Steady Boxing and Pedaling for Parkinson's. Participants must complete an assessment prior to their first class. Contact Mailynn Pratt at mailynn@jacksonymca.org.