

August  
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	Lori	Virtual & Downtown/Aero
	\$ Body Pump	9:45 AM	Michelle	Downtown / Aerobics Room
	Senior Fitness	9:45 AM	Sheri	Summit Branch
	\$ Aqua Fit	10:00 AM	Lauren	Downtown / Large Pool
	\$ Pedaling/Parkinson's *	11:00 AM	Mailynn	Downtown / X-Train Room
	\$ Target Tone	12:15 PM	Jeff	Downtown / Aerobics Room
	Barre	4:45 PM	Lori	Summit Branch
	\$ YSpin	5:30 PM	Elaine	Summit Branch
	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/Alicia	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

Wed. continued on back

\*Registration required

	CLASS	TIME	INSTRUCTOR	LOCATION
<b>WED PM</b>	T.B. Conditioning	4:45 PM	Lori	Summit Branch
	Zumba	5:30 PM	Tracy	Downtown / Aerobics Room
	\$ Taekwondo *	6:00 PM	James Rodgers	Summit Branch
<b>THURSDAY</b>	\$ 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/Alicia	Downtown / Large Pool
<b>FRIDAY</b>	\$ 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
<b>SATURDAY</b>	\$ 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	Michele/Alicia	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.