

Sept./
Oct.
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
\$ 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 / Small Gym

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	Mailyynn	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
\$ Body Pump	5:30 PM	Jen	Summit Branch
Compound Cardio Blast	5:30 PM	Mailyynn	Downtown / Aerobics Room
Aqua Zumba	6:00 PM	Gayle/Alicia	Downtown / Large Pool

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	Mailyynn	Virtual & Downtown/Aero
\$ Ride & Renew	8:30 AM	Teresa	Summit Branch
\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
Silver Sneakers Yoga	11:00 AM	Rachel	Summit Branch
Tai Chi	12:15 PM	Ken	Summit Branch

Wed. continued on back



	CLASS	TIME	INSTRUCTOR	LOCATION
WED PM	T.B. Conditioning	4:45 PM	Lori	Summit Branch
	Zumba	5:30 PM	Tracy	Downtown / Aerobics Room
	Cardio HITT	5:30 PM	Rosa	Downtown / X-Train Room
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
	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
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
	\$ Yoga	9:45 AM	Rachel	Downtown / Aerobics 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	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/Turning Point Programs
 We offer two classes for people with Parkinson's and a strength class for breast cancer survivors.
 Email christine@jacksonymca.org for details.