

August
2023



GROUP EXERCISE SCHEDULE



MONDAY	CLASS	TIME	INSTRUCTOR	LOCATION
	\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
	\$ YSpin	5:30 AM	Belinda	Summit Branch
	Cardio Combo	8:30 AM	Lori	Virtual & Downtown/Group Ex.
	\$ Body Pump	9:45 AM	Michelle	Downtown / Group Ex. Room
	Senior Fitness	9:45 AM	Sherri	Summit Branch
	\$ Aqua Fit	10:00 AM	Lauren	Downtown / Large Pool
	Barre	4:45 PM	Lori	Summit Branch
	\$ TRX	5:30 PM	Kelly	Downtown / X-Train Room
	\$ YSpin	5:30 PM	Elaine	Summit Branch
	Zumba	5:30 PM	Jen S.	Downtown/Small Gym/Group Ex.

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/Group Ex.
\$ 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	Rosa	Downtown / Group Ex. Room
Aqua Zumba	5:30 PM	Alicia	Downtown / Large Pool

\$ 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/Group Ex.
\$ Ride & Renew	8:30 AM	Teresa	Summit Branch
Zumba Gold	9:45 AM	Sherri	Summit Branch
\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
Tai Chi	12:15 PM	Ken	Summit Branch
T.B. Conditioning	4:45 PM	Lori	Summit Branch
Zumba	5:30 PM	Tracy	Downtown / Group Ex. Room
Cardio HITT	5:30 PM	Rosa	Downtown / X-Train / Sm. Gym

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

	CLASS	TIME	INSTRUCTOR	LOCATION
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
	Kick & Core	8:30 AM	Angie	Summit Branch
	Pilates	9:45 AM	Michelle	Summit Branch
	\$ Aqua Fit	10:00 AM	Koke	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Michelle	Summit Branch
	Cardio Kick	5:45 PM	Sheryl	Downtown / Group Ex. Room
	Zumba	5:30 PM	Karah	Summit Branch
	Aqua Zumba	5:30 PM	Alicia	Downtown / Large Pool
FRIDAY	\$ Ride & Renew	5:30 AM	Teresa	Summit Branch
	Strength & Balance	5:30 AM	Lauren	Downtown / Group Ex. Room
	Barre	8:30 AM	Lori	Virtual & Downtown/Group Ex.
	\$ 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	T.B. Conditioning	8:30 AM	Lori/Kathy	Virtual & Downtown/Group Ex.
	\$ Body Pump	8:45 AM	Jen S.	Summit Branch
	\$ Aqua Fit	9:00 AM	Michele/Alicia	Downtown / Large Pool
	Zumba	10:00 AM	Jen S.	Summit Branch
	\$ Cardio Rebound	10:00 AM	Sheryl	Downtown / Group Ex. Room
	Zumba	11:15 AM	LaMonica	Downtown / Group Ex. Room
	Aqua Zumba	12:30 PM	LaMonica	Downtown / Large Pool
	Bootcamp	9:00 AM	Kelly	Offsite/Cascades

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

- \$15 drop-in; \$98 for 10 classes

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.