

Nov
2023



GROUP EXERCISE SCHEDULE



MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
\$ TRX Training	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
AMPD Build 30	12:30 PM	Theresa	Downtown / Group Ex. Room
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.

TUESDAY

\$ Spin & Core	5:30 AM	Belinda	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
Bootcamp	5:30 PM	Belinda/Kelly	Small Gym
Aqua Zumba	5:30 PM	Alicia	Downtown / Large Pool

WEDNESDAY

Full Body Strength	5:30 AM	Margot	Summit Branch
\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
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	12:30 PM	Ken	Downtown / Group Ex. Room
YSpin 30	12:30 PM	Bob/Theresa	Downtown / X-Train Room
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.

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
\$ Spin and Strength	5:30 AM	Margot	Summit Branch
\$ TRX	5:30 AM	Don	Downtown / X-Train Room
\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
Boxing Fitness	8:30 AM	Mailyynn	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
\$ Target Tone	12:00 PM	Jeff	Downtown / Group Ex. Room
NEW \$ Xtreme Hip Hop Step	5:45 PM	Vickie	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
Stretch 30	12:30 PM	Theresa	Downtown / Group Ex. Room

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

SUN

Bootcamp	12:30 PM	Kelly	Small Gym
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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 theresa@jacksonymca.org for details.