
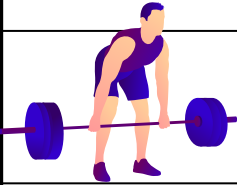


DOWNTOWN BRANCH

April Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ YSPIN 5:30 AM Amanda - Southside of Large Gym	\$ TRX 5:30 AM Don - Southside of Large Gym		\$ TRX 5:30 AM Don - Southside of Large Gym	STRENGTH & BALANCE 5:30 AM Lauren - Southside of Large Gym	
				\$ YSPIN 8:30 AM Bob - Southside of Large Gym	\$ BOOTCAMP 8:00 AM Brendan - Southside of Large Gym
\$ AQUA FIT 10:00 AM Lauren - Large Pool	\$ AQUA FIT 10:00 AM STAFF - Large Pool	\$ AQUA FIT 10:00 AM Christine - Large Pool	\$ AQUA FIT 10:00 AM STAFF - Large Pool	\$ AQUA FIT 10:00 AM Christine - Large Pool	\$ AQUA FIT 9:00 AM Michelle/Christine - Large Pool
					ZUMBA 11:15 AM LaMonica - Court One
AMPD Build 30 12:15 PM Theresa - Large Gym		YSPIN 30 12:30 PM Bob/Theresa - Large Gym			AQUA ZUMBA 12:30 PM LaMonica - Large pool
	AQUA ZUMBA 5:15 PM Gayle - Large Pool		AQUA ZUMBA 5:15 PM Gayle - Large Pool		
		ZUMBA 5:30 PM Tracy - Court One			
					SUNDAY

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.



*A Tea Party
 Just in time for
 Mother's Day!*

SAVE THE DATE

Saturday, May 11, 2024


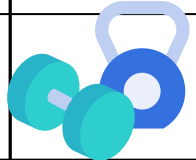
11 - 1 pm

Cascades Manor House

bit.ly/teaandtotes tickets

SUMMIT BRANCH

April Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
\$ TRX TRAINING 5:30 AM Belinda	\$ SPIN & CORE 5:30 AM Belinda	\$ SPIN 5:30 AM Amanda	BUTS & GUTS 5:30 AM Margot	\$ RIDE & RENEW 5:30 AM Teresa	NEW \$ YSPIN THEME 8:00 AM Staff Rotation
CARDIO COMBO 8:30 AM Lori VIRTUAL AVAILABLE	20/20/20 8:30 AM Mailynn VIRTUAL AVAILABLE	FULL BODY STRENGTH 5:30 AM Margot	CARDIO BARRE 8:30 AM Allie VIRTUAL AVAILABLE	BARRE 8:30 AM Lori VIRTUAL AVAILABLE	\$ BODY PUMP 8:45 AM Jen
\$ BODY PUMP 9:45 AM Michelle	\$ YSPIN 8:30 AM Bob	\$ RIDE & RENEW 8:30 AM Teresa	PILATES 9:45 AM Michelle		ZUMBA 10:00 AM Jen
SENIOR FITNESS 11:00 AM Sherri	PILATES 9:45 AM Michelle - Spin Room	\$ STRENGTH CAMP 9:45 AM Jeff	SILVER SNEAKERS 11:00 AM Michelle	SILVER SNEAKERS 11:00 AM Jeff	\$ CARDIO HITT/ REBOUNCE 10:00 AM Rosa/Sheryl - Spin Room
\$ YOGA 12:15 PM Natalie	\$ YOGA 9:45 AM Teresa	ZUMBA GOLD 11:00 AM Sherri		NEW SENIOR YOGA 12:15 PM Natalie	
BARRE 4:30 PM Lori	SILVER SNEAKERS 11:00 AM Jeff	TURNING POINT STRENGTH 12:15 PM Michelle	ZUMBA 5:30 PM Karah		
\$ YSPIN 5:30 PM Elaine	\$ BODY PUMP 5:30 PM Jen	TOTAL BODY CONDITIONING 4:30 PM Lori	\$ YSPIN 5:30 PM Elaine		
ZUMBA 5:30 PM Jen		\$ CARDIO HITT 5:30 PM Rosa	\$ XTREME HIP HOP STEP 6:30PM Vicki		

NEW ARRIVAL



MUSIC ICONS SPIN

SATURDAY MORNING'S SPIN WE ARE RIDING TO PLAYLISTS INSPIRED BY A THEME. THE MONTH OF APRIL IS MUSIC ICONS. THINK ELVIS, MICHAEL JACKSON AND MADONNA. THE SPIN INSTRUCTOR WILL ROTATE BUT THE THEME WILL STAY THE SAME ALL MONTH. JOIN US AT 8AM FOR A ONE OF A KIND CARDIO CLASS THAT YOU DON'T WANT TO MISS.

Theme Spin is Saturday at 8am at our Summit location.
Instructor Rotation

SENIOR YOGA

SENIOR YOGA IS A SLOW-PACED YOGA THAT PROMOTES STRETCHING AND FLEXIBILITY. THIS RELAXING CLASS GIVES YOUR MUSCLES A BREAK AND ALLOWS GRAVITY TO DO THE WORK DURING POSES. EXPECT TO BREATHE DEEP AND EXPERIENCE RESTORATION IN THIS GENTLE YOGA CLASS. SUITABLE FOR ALL AGES.

Try senior yoga with Natalie this month for free. Friday's at 12:15 PM at our Summit location. Right after Silver Sneakers