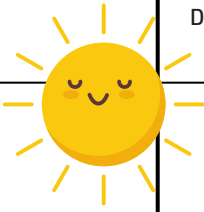
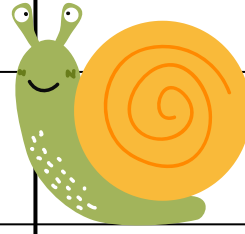
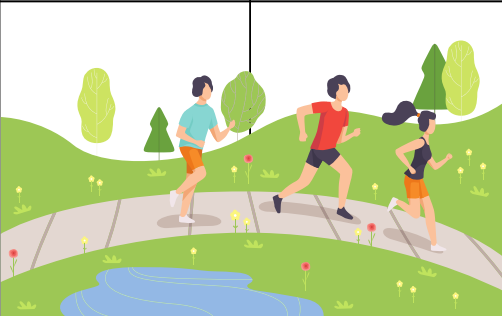


DOWNTOWN BRANCH May Group Exercise

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			\$ YSPIN 8:30 AM Bob - Southside of Large Gym	FREE \$ BOOTCAMP 9:00 AM Kelly - Cascades North Side of Hill. Meet at Parking lot
\$ 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 - Squash Court
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.



**New Year,
Better You!**



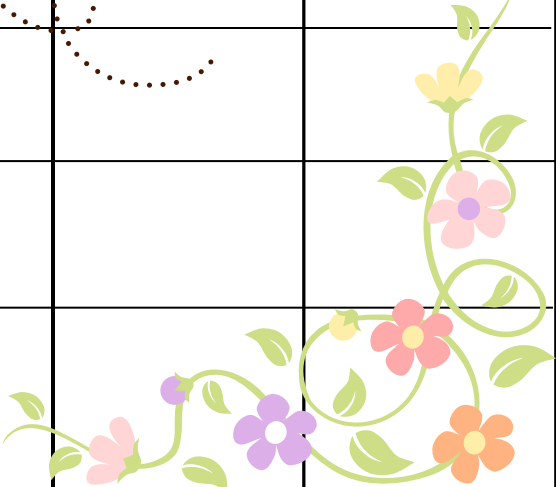
Get Started at the Y

\$0 JOIN FEES



JacksonYMCA.org

SUMMIT BRANCH May Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
KETTLEBELL HIIT 30 5:30 AM Theresa	\$ SPIN & CORE 5:30 AM Belinda	\$YSPIN 5:30 AM Amanda	FULL BODY STRENGTH 5:30 AM Margot	\$ RIDE & RENEW 5:30 AM Teresa	\$ YSPIN THEME 8:00 AM STAFF Rotation
CARDIO COMBO 8:30 AM Lori <i>VIRTUAL AVAILABLE</i>	20/20/20 8:30 AM Mailyynn <i>VIRTUAL AVAILABLE</i>	\$ RIDE & RENEW 8:30 AM Teresa	CARDIO BARRE 8:30 AM Allie <i>VIRTUAL AVAILABLE</i>	BARRE 8:30 AM Lori	\$ BODY PUMP 8:45 AM Jen
\$ BODY PUMP 9:45 AM Michelle	PILATES 9:45 AM Michelle- Spin Room		PILATES 9:45 AM Michelle		ZUMBA 10:00 AM Jen
SENIOR FITNESS 11:00 AM Sherri	\$ YOGA 9:45 AM Teresa 	ZUMBA GOLD 11:00 AM Sherri	SILVER SNEAKERS 11:00 AM Michelle	SILVER SNEAKERS 11:00 AM Jeff	\$ CARDIO HIIT 5/4, 5/11, 5/25 REBOUNCE 5/18 10:00 AM Rosa/Sheryl - Spin Room
	SILVER SNEAKERS 11:00 AM Jeff	TURNING POINT STRENGTH 12:15 PM Michelle		\$ SENIOR YOGA 12:15 PM Natalie	
BARRE 4:30 PM Lori		TOTAL BODY CONDITIONING 4:30 PM Lori	ZUMBA 5:30 PM Karah		
\$ YSPIN 5:30 PM Elaine	\$ BODY PUMP 5:30 PM Jen		\$ YSPIN 5:30 PM Elaine		
ZUMBA 5:30 PM Jen		\$ CARDIO HIIT 5:30 PM Rosa			

New Class Arrivals

**OUTDOOR BOOTCAMP,
SATURDAY AT 9AM WITH KELLY**
CLASS MEETS AT CASCADES, NORTH SIDE
OF THE HILL IN THE PARKING LOT

**TUESDAY YSPIN RETURNS DOWNTOWN
AT 8:30AM WITH BOB**

**KETTLEBELL HIIT 30
MONDAY 6AM AT OUR SUMMIT LOCATION
30 MINUTE CLASS**

WE'RE CHANGING THINGS UP!

Sat., May 11, 2024 9 - 1 pm @ YMCA Summit Branch



the Y *Tea & Totes*

Join us for FREE classes, tea, treats, and totes!

Silent auction bidding begins at 9:00 am and closes at noon

8:00 am - 80's Theme Spin with Jennie Lapp

8:45 am - Body Pump with Jen Soper

Two choices at 10:00 am

10:00 am - Cardio HIIT with Rosa

10:00 am - Zumba with Jen Soper

11:00 am - Gentle Yoga

Proceeds benefit the Jackson YMCA's Youth Programs.