



YMCA OF GREATER SPRINGFIELD

YMCA of Greater Springfield
Downtown YMCA
Group Exercise Schedule
Effective July 3rd, 2023



Schedule subject to change.
Each class needs at least 3 participants in order to take place

MONDAY	CLASS	INSTRUCTOR
10:00am-11:00am	AOA	Spencer
12:00pm-1:00pm	Group Training	Cee
1:00pm-1:45pm	Cross training	Max
5:00pm -5:30pm	Bootcamp	Jaina
6:00pm -7:00pm	Zumba ®	Jaina

THURSDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Shineikka
1:00pm-1:45pm	Core Training	Max
6:00pm-7:00pm	Leg Domination	Darnell

TUESDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Shineikka
1:00pm-1:45pm	Cross Training	Max
5:00pm - 5:30pm	Total Body	Jaina
5:30pm-6:30pm	Zumba ®	Jaina
6:30pm-7:30pm	Core Fusion	Darnell

FRIDAY	CLASS	INSTRUCTOR
12:00pm-1:00pm	Group Training	Cee

WEDNESDAY	CLASS	INSTRUCTOR
10:00am - 11:00am	AOA	Spencer
1:00pm - 2:00pm	Group Training	Cee
5:00pm - 6:00pm	Total Fit	Darnell
6:00pm - 7:00pm	Zumba ®	Lynn

SATURDAY	CLASS	INSTRUCTOR
8:30am - 9:30am	Y-Spin/ Bootcamp	Dinah
9:00am-10:00am	Yoga	Miralva
10:00am-11:00am	Zumba ®	Jaina/Shineikka

Hours of Operation
Monday -Friday 5:30 am - 8:00 pm
Saturday 7:00 am - 2:00 pm
Sunday Closed

Group Exercise Drop-In Rates:
1 Class \$10
10 Class punch pass \$60
Punch pass is void after 30 days of purchase