



YMCA of Greater Springfield
Downtown YMCA
Group Exercise Schedule
Effective January 30, 2024



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

MONDAY	CLASS	INSTRUCTOR
7:00am-8:00am	Yoga	Jennifer
10:00am-11:00am	CardioFlow	Spencer
12:00pm-1:00pm	Group Training	Cee
6:00pm-7:00pm	Zumba ®	Sophia

THURSDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Shineikka
12:15pm-12:45pm	Cross Training	Max
5:30pm-6:30pm	Zumba ®	Sophia

TUESDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Shineikka
12:15pm-12:45pm	Cross Training	Max
5:30pm-6:30pm	Zumba ®	Jackie

FRIDAY	CLASS	INSTRUCTOR
7:00am-8:00am	Yoga	Jennifer
1:00pm-2:00pm	Group Training	Cee

WEDNESDAY	CLASS	INSTRUCTOR
7:00am-8:00am	Yoga	Jennifer
10:00am - 11:00am	CardioFlow	Spencer
1:00pm - 2:00pm	Group Training	Cee
5:00pm - 6:00pm	Barre	Lynn
6:00pm - 7:00pm	Zumba ®	Lynn

SATURDAY	CLASS	INSTRUCTOR
8:30am - 9:30am	Y-Spin/ Bootcamp	Dinah
8:45am-9:45am	Yoga	Miralva
10:00am-11:00am	Zumba ®	Shineikka/Lynn

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