



YMCA OF GREATER SPRINGFIELD

YMCA of Greater Springfield
Downtown YMCA
Group Exercise Schedule
Effective March 1, 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 |
| 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 |
| 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 |
| 8:30am-9:30am | 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