



YMCA OF GREATER SPRINGFIELD

YMCA of Greater Springfield
Downtown YMCA
Group Exercise Schedule
Effective November 25, 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	Strength Training	Max
12:00pm-1:00pm	Group Training	Cee
5:00pm-6:00pm	Yoga	Namish
6:00pm-7:00pm	Chi Walk/Run	Cheryl
	6-week class	

THURSDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Denise
12:15pm-12:45pm	Cross Training	Max
4:30pm-5:30pm	Zumba ®	Sophia
5:30pm-6:30pm	Group Strength training	Liz

TUESDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba ®	Denise
12:15pm-12:45pm	Cross Training	Max
4:30pm-5:30pm	Yoga	Namish
5:30pm-6:30pm	Zumba ®	Jackie

FRIDAY	CLASS	INSTRUCTOR
7:00am-8:00am	Yoga	Jennifer
10:00am-11:00am	Resistant Band Training	Max
1:00pm-2:00pm	Group Training	Cee

WEDNESDAY	CLASS	INSTRUCTOR
7:00am-8:00am	Yoga	Jennifer
10:00am-11:00am	Strength Training	Max
1:00pm - 2:00pm	Group Training	Cee
5:00pm - 6:00pm	Y-Spin/Bootcamp	Dinah
6:15pm - 7:15pm	Zumba ®	Jackie

SATURDAY	CLASS	INSTRUCTOR
8:30am - 9:30am	Y-Spin/ Bootcamp	Dinah
8:30am-9:30am	Yoga	Miralva
9:45am-10:45am	Tabata	Liz
11:00am-12:00pm	Zumba ®	Jackie

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