



YMCA of Greater Springfield  
Downtown YMCA  
Group Exercise Schedule  
Effective January 20th , 2025



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	Cec
5:00pm-6:00pm	Yoga	Namish
6:00pm-7:00pm	Zumba @	Sophia

TUESDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba @	Denise
12:15pm-12:45pm	Cross Training	Max
4:30pm-5:30pm	Chi Walk/Run	Cheryl
5:30pm-6:30pm	Zumba @	Jackie

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

THURSDAY	CLASS	INSTRUCTOR
9:00am-10:00am	Zumba @	Denise
12:15pm-12:45pm	Cross Training	Max
4:00pm-5:00pm	Yoga (starting Feb 6th)	Namish
4:30pm-5:15pm	Mall walking	Cheryl
5:00pm-6:00pm	Zumba @	Sophia

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

SATURDAY	CLASS	INSTRUCTOR
8:30am-9:30am	Y-Spin/ Bootcamp	Dinah
8:30am-9:30am	Yoga	Miralya
9:45am-10:45am	Tabata/Group training	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

**Chi Running/Chi Walking class**

This class is based on a 4 week session.

Class starts

February 4th

**Mall Walking class**

Indoor mall walking to get in all those steps for the new year.

Starts on February 6th