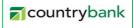


YMCA of Greater Springfield Downtown YMCA Group Exercise Schedule Effective January 20th , 2025



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	Cee
5:00pm-6:00pm	Yoga	Namish
6:00pm-7:00pm	Zumba ®	Sophia

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

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

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/Group training	Liz
11:00am-12:00pm	Zumba ®	Jackie

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

Chi Running/Chi Walking class

This class is based on a 4 week session.
Class starts
February 4th

Group Exercise Drop-In Rates:

1 Class \$10 10 Class punch pass \$60 Punch pass is void after 30 days of purchase

Mall Walking class

Indoor mall walking to get in all those steps for the new year. Starts on **February 6th**