



# July Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Take your lunch break to a new level with LUNCHBOX, a high energy 30-minute fitness class designed to maximize your midday workout. This power-packed session combines the intensity of kickboxing on the heavy bag with heart-pumping intervals, cardio drills and strength training. Whether you're looking to boost endurance, tone muscles or release stress, LUNCHBOX delivers a comprehensive workout that fits perfectly into your busy schedule!

11:30-12:00pm

Days: Tuesday & Thursday with Ellie in the MPR.

Cycle and Strength is now two days a week! This hybrid class starts on the bike and finishes on the floor to help you incinerate fat, increase endurance and build total body muscle.

Join Liz T. in the MPR on Tuesdays and Thursdays at 4:30-5:10pm

No Excuses can be used for this Bootcamp with Sabrina on Mondays and Wednesdays at 10:00-10:30am. (MPR) It's only 30 minutes! You can do it!

Dance Party Fitness has been removed from the schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:15am Sunrise Cycle (MPR): Susan	5:15 – 6:15am Body Pump (GXR): Maria	5:15 – 6:00am Sunrise Cycle (MPR): Angela	5:15 – 6:15am Body Pump (GXR): Maria	5:30 – 6:15am Sunrise Cycle (MPR): Susan	7:00 – 8:00am Body Pump (GXR): Tina	
			6:30 – 7:15am Early Morning Yoga (GXR) Laura			
	8:15– 9:15am Crossbox (MPR): Ellie	8:10 – 8:50am L.I.I.T. (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa/Sarah			
9:00 – 9:45am Forever Fit (GXR): Leslie	9:00 – 10:00am Body Pump (GXR): Val	9:00 – 9:45am Barre & More (GXR): Leslie	9:00 – 10:00am Body Pump (GXR): Val	9:00 – 9:45am Barre & More (GXR): Leslie	9:00 – 9:55am Back Yard Boot Camp (MPR): Dusty	
10:00-10:30 No Excuses Bootcamp (MPR):Sabrina	9:30 – 10:20am Mid-Morning Yoga (MPR): Laura	10:00-10:30 No Excuses Bootcamp (MPR):Sabrina		9:00 – 9:55am Yoga (Forever Fit) (MPR): Bev		
10:35-11:20am Kids Dance Ages 5-13 (MPR): Sabrina	10:30-11:15am Kids Class Ages 5-13 (MPR): Sheila	10:30 – 11:15am Silver Sneakers Classic (GXR): Val	10:30-11:15am Kids Class Ages 5-13 (MPR): Sheila	10:30-11:15am Kids Dance Ages 5-13 (MPR):Sabrina	10:00 – 10:55am Shine Dance Fitness (GXR): Leslie	
10:30 – 11:15am Silver Sneakers Classic (GXR): Val	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:45-11:15am Tiny Kids Class Ages 3-6 (MPR):Sabrina	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 -11:15am Silver Sneakers Yoga (GXR): Janet		
11:30-12:15pm Barre (GXR):Sabrina	11:30-12:00pm Lunch Box (MPR):Ellie	11:30-12:15pm Two Left Feet Dance (GXR): Sabrina	11:30-12:00pm Lunch Box (MPR):Ellie	11:30-12:15pm Two Left Feet Dance (GXR): Sabrina		
11:45-12:30pm Midday Yoga Reset (MPR): Therese	4:30-5:25pm Afternoon Yoga (GXR): Laura	11:45-12:30pm Midday Yoga Reset (MPR): Therese	4:30-5:25pm Afternoon Yoga (GXR): Johanna			
	4:30-5:10pm Cycle and Strength (MPR):Liz T.		4:30-5:10pm Cycle and Strength (MPR):Liz T.			
5:30 – 6:25pm Yoga Fitness (GXR): Janet	5:30 – 6:30pm Crossbox (MPR): Quinn/Teresa	5:30 – 6:25pm Yoga Basics (GXR): Rebecca	5:30 – 6:30pm Crossbox (MPR): Ellie			3:30 – 4:30pm Body Pump (GXR): Maria
5:30 - 6:15pm Cycling (MPR) Leslie	5:30 – 6:30pm Body Pump (GXR): Annika	5:30 - 6:15pm Cycling (MPR): Leslie	5:30-6:30pm Pilates (GXR): Liz			
6:30 – 7:30pm Dance High (GXR): Leslie	6:30-7:15pm Barre (GXR):Sabrina	6:30 – 7:15pm Dance & Tone (GXR): Leslie	6:35 – 7:35pm Body Pump (GXR): Annika			



All Silver Sneakers classes are chair based.