



# October Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Sunrise Cycle on Wednesday morning will start at 5:30-6:15am. Please welcome Annika as your new instructor!

**NEW!**-Pilates class on Tuesdays at 6:40-7:30pm with Charlene in the MPR.

Tuesday evening Barre class will start at 6:35pm.

Kids class will only be on Tuesdays and Thursdays.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:15am Sunrise Cycle (MPR): Susan	5:15 – 6:15am Body Pump (GXR): Maria	5:30 – 6:15am Sunrise Cycle (MPR): Annika	5:15 – 6:15am Body Pump (GXR): Maria	5:30 – 6:15am Sunrise Cycle (MPR): Susan	7:00 – 8:00am Body Pump (GXR): Tina	
	8:15– 9:15am Crossbox (MPR): Ellie		6:30 – 7:15am Early Morning Yoga (GXR) Laura			
	9:00 – 10:00am Body Pump (GXR): Val	8:15 – 8:50am L.I.I.T. (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa			
9:00 – 9:45am Forever Fit (GXR): Leslie	9:30 – 10:20am Mid-Morning Yoga (MPR): Laura	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	10:30-11:15am Kids Class-Year Round Ages 5-13 (MPR): Sheila	10:00-10:30 No Excuses Bootcamp (MPR):Sabrina		9:00 – 9:55am Yoga (Forever Fit) (MPR): Bev		
10:30 – 11:15am Silver Sneakers Classic (GXR): Val	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 – 11:15am Silver Sneakers Classic (GXR): Val	10:30-11:15am Kids Class-Year Round Ages 5-13 (MPR): Sheila		10:00 – 10:55am Shine Dance Fitness (GXR): Leslie	
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	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 -11:15am Silver Sneakers Yoga (GXR): Janet		
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	11:30-12:00pm Lunch Box (MPR):Ellie	11:30-12:15pm Two Left Feet Dance (GXR): Sabrina		
	4:30-5:10pm Cycle and Strength (MPR):Liz T.		4:30-5:25pm Afternoon Yoga (GXR): Johanna			
	5:30 – 6:30pm Crossbox (MPR): Quinn/Teresa					
5:30 – 6:25pm Yoga Fitness (GXR): Janet	5:30 – 6:30pm Body Pump (GXR): Annika	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	6:40-7:30pm Pilates (MPR): Charlene	5:30 - 6:15pm Cycling (MPR): Leslie	5:30-6:30pm Pilates (GXR): Liz			
6:30 – 7:30pm Dance High (GXR): Leslie	6:35-7:15pm 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.