



November Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

ANNOUNCEMENTS!

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

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 – 9:45am Forever Fit (GXR): Leslie	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			
	9:30 – 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	
10:35-11:15am Kids Class –Year Round (MPR):Sabrina	10:30-11:15am Kids Class-Year Round Ages 5-13 (MPR): Sheila		10:30-11:15am Kids Class-Year Round Ages 5-13 (MPR): Sheila	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 Silver Sneakers Classic (GXR): Ellie	10:30 -11:15am Silver Sneakers Yoga (GXR): Janet	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	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			3:30 – 4:30pm Body Pump (GXR): Maria
	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			
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	6:40-7:30pm Pilates (MPR): Charlene	6:30 – 7:15pm Dance & Tone (GXR): Leslie	6:35 – 7:35pm Body Pump (GXR): Annika			

Participate in the Crossbox challenge from November 1-21 for an opportunity to win great raffle prizes. Bring a canned food item and your friends can take the class for free! Sign up on the YMCA's website or at the front desk of any location. Raffle winner's will be announced before the 5:30pm class November 21.

Crossbox class will be 80's themed on November 19, @ 5:30Pm, November 21 @ 8:15am, 11:30am, and 5:30pm. Dress up in 80's workout gear and workout with 80's music!

Participate in the Dance challenge! The kick off will be on November 29 with an extra 90 minute Dance Fusion Class. Dance your sugar plum calories off for the holiday season!

Wednesday November 27th: All 5:00pm and later classes are CANCELLED.

Thursday November 28th: No classes- Happy Thanksgiving!

Friday November 29th: NO REGULARLY SCHEDULED CLASSES, look for special schedule after November 18.

6:35pm Tuesday evening Barre class with Sabrina has been removed from the schedule.

10:00am No Excuses Bootcamp has been removed from the schedule.

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All Silver Sneakers classes are chair based.