



December Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

ANNOUNCEMENTS!

Participate in the Dance challenge for \$30. You will receive a dance your sugar plum calories off t-shirt and a raffle card with your fee. T-shirts will arrive on December 22, 2024. Register online or at any front desk.

Another Kid's Class has been added on Saturday morning with Melanie or Crystal! (MPR) 9:00-9:45am.

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

FOLLOW THE JCYMCA HEALTH & WELLNESS PAGE FOR MORE UPDATES!

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	9:00-9:45am Kids class Ages 5-13 (MPR): Crystal or Melanie	
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			



All Silver Sneakers classes are chair based.