



# January Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Join Kay for Midday Stretch on Tuesdays at 1:30pm-2:00pm. Stretch out your body to reduce injuries!

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

6:40pm Pilates (MPR) with Charlene has been removed from the schedule.

FOLLOW THE JCYMCA HEALTH & WELLNESS PAGE FOR MORE UPDATES!

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday                                     |
|--|---|---|---|---|--|--|
| 5:30 – 6:15am<br>Sunrise Cycle<br>(MPR): Susan           | 5:15 – 6:15am<br>Body Pump<br>(GXR): Maria                              | 5:30 – 6:15am<br>Sunrise Cycle<br>(MPR): Annika             | 5:15 – 6:15am<br>Body Pump<br>(GXR): Maria                              | 5:30 – 6:15am<br>Sunrise Cycle<br>(MPR): Susan            | 7:00 – 8:00am<br>Body Pump<br>(GXR): Tina                              |  |
|  | 8:15– 9:15am<br>Crossbox<br>(MPR): Ellie                                |   | 6:30 – 7:15am<br>Early Morning Yoga<br>(GXR) Laura                      |   |  |  |
| 9:00 – 9:45am<br>Forever Fit<br>(GXR): Leslie            | 9:00 – 10:00am<br>Body Pump<br>(GXR): Val                               | 8:15– 8:50am<br>L.I.I.T.<br>(GXR): Leslie                   | 8:15 – 9:15am<br>Crossbox<br>(MPR): Teresa                              |   |  |  |
|  | 9:30 – 10:20am<br>Mid-Morning Yoga<br>(MPR): Laura                      | 9:00 – 9:45am<br>Barre & More<br>(GXR): Leslie              | 9:00 – 10:00am<br>Body Pump<br>(GXR): Val                               | 9:00 – 9:45am<br>Barre & More<br>(GXR): Leslie            | 9:00 – 9:55am<br>Back Yard Boot<br>Camp<br>(MPR): Dusty                |  |
| 10:35-11:15am<br>Kids Class –Year Round<br>(MPR):Sabrina | 10:30-11:15am<br>Kids Class-Year<br>Round<br>Ages 5-13<br>(MPR): Sheila |   | 10:30-11:15am<br>Kids Class-Year<br>Round<br>Ages 5-13<br>(MPR): Sheila | 9:00 – 9:55am<br>Yoga (Forever Fit)<br>(MPR): Bev         | 9:00-9:45am<br>Kids class<br>Ages 5-13<br>(MPR): Crystal or<br>Melanie |  |
| 10:30 – 11:15am<br>Silver Sneakers Classic<br>(GXR): Val | 10:30 – 11:15am<br>Silver Sneakers<br>Classic<br>(GXR): Ellie           | 10:30 – 11:15am<br>Silver Sneakers<br>Classic<br>(GXR): Val | 10:30 – 11:15am<br>Silver Sneakers<br>Classic<br>(GXR): Ellie           | 10:30 -11:15am<br>Silver Sneakers<br>Yoga<br>(GXR): Janet | 10:00 – 10:55am<br>Shine Dance<br>Fitness<br>(GXR): Leslie             |  |
| 11:30-12:15pm<br>Barre<br>(GXR):Sabrina                  | 11:30-12:00pm<br>Lunch Box<br>(MPR):Ellie                               | 11:30-12:15pm<br>Two Left Feet Dance<br>(GXR): Sabrina      | 11:30-12:00pm<br>Lunch Box<br>(MPR):Ellie                               | 11:30-12:15pm<br>Two Left Feet Dance<br>(GXR): Sabrina    |  |  |
|  | 1:30pm-2:00pm<br>Midday Stretch<br>(MPR): Kay                           |   |   |   |  |  |
| 11:45-12:30pm<br>Midday Yoga Reset<br>(MPR): Therese     | 4:30-5:25pm<br>Afternoon Yoga<br>(GXR): Laura                           | 11:45-12:30pm<br>Midday Yoga Reset<br>(MPR): Therese        | 4:30-5:25pm<br>Afternoon Yoga<br>(GXR): Johanna                         |   |  | 3:30 – 4:30pm<br>Body Pump (GXR):<br>Maria |
|  | 4:30-5:10pm<br>Cycle and Strength<br>(MPR):Rotating<br>Instructor       |   |   |   |  |  |
| 5:30 – 6:25pm<br>Yoga Fitness<br>(GXR): Janet            | 5:30 – 6:30pm<br>Crossbox<br>(MPR): Quinn/Teresa                        | 5:30 – 6:25pm<br>Yoga Basics<br>(GXR): Rebecca              | 5:30 – 6:30pm<br>Crossbox<br>(MPR): Ellie                               |   |  |  |
| 5:30 - 6:15pm<br>Cycling<br>(MPR) Leslie                 | 5:30 – 6:30pm<br>Body Pump<br>(GXR): Annika                             | 5:30 - 6:15pm<br>Cycling<br>(MPR): Leslie                   | 5:30-6:30pm<br>Pilates<br>(GXR): Liz                                    |   |  |  |
| 6:30 – 7:30pm<br>Dance High<br>(GXR): Leslie             |   | 6:30 – 7:15pm<br>Dance & Tone<br>(GXR): Leslie              | 6:35 – 7:35pm<br>Body Pump<br>(GXR): Annika                             |   |  |  |





All Silver Sneakers classes are chair based.