



**January Group Exercise**  
**West YMCA- 3507 Amazonas Drive**  
**Jefferson City Area YMCA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:00am Hardcore H.I.I.T.* (GXR): Mandy	5:15 – 6:15am Body Pump (GXR): Charlene	5:15 – 6:00am Morning Bootcamp Mix (GXR): Jill	5:15 – 6:15am Body Pump (GXR): Charlene	5:30 – 6:15am Sunrise Cycle (MPR): Susan	7:00 – 8:00am Body Pump (GXR): Mandy	
5:30 – 6:15am Sunrise Cycle (MPR): Susan	8:15– 9:15am Crossbox (MPR): Ellie	8:15 – 8:45am Core & More (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa	8:15 – 8:45am Core & More (GXR): Leslie		7:30 – 8:15am Cycle (MPR): Various
8:15 – 8:45am Pound (GXR): Valerie	9:00 – 10:00am Body Pump (GXR): Valerie	9:00 – 9:45am Barre & More (GXR): Leslie	9:00 – 10:00am Body Pump (GXR): Valerie	9:00 – 9:45am Barre & More (GXR): Leslie		
9:00 – 9:45am Forever Fit (GXR): Leslie	9:30 – 10:15am Mid-Morning Yoga (MPR): Megan		9:30 – 10:15am Mid-Morning Yoga (MPR): Megan	9:00 – 9:45am Forever Fit (Yoga) (MPR): Megan	9:00 – 9:55am X Bootcamp (GXR): Dusty	
10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 – 11:15am Tai Chi (GXR): Judy	10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 – 11:15am Tai Chi (GXR): Judy	10:30 – 11:15am Silver Sneakers Yoga (GXR): Janet	9:00 – 9:55am Operation: Fit Kids (MPR): Various	
12:00 – 1:00pm Body Pump (GXR): Charlene	10:30 – 11:15am **Baby and Me (MPR): Rebecca	12:00 – 1:00pm Body Pump (GXR): Charlene	10:30 – 11:15am **Baby and Me (MPR): Rebecca		10:00 – 10:55am Dance Mix (GXR): Leslie	
	12:05 – 12:50pm **Lifted (GXR): Rebecca		12:05 – 12:50pm **Lifted (GXR): Rebecca		11:00 – 11:45am Pound (GXR): Leslie/Valerie	
4:30 – 5:15pm Fitness Fusion* (GXR): Janet	4:30 – 5:25pm Afternoon Yoga* (GXR): Megan	4:30 – 5:15pm Fitness Fusion* (GXR): Janet	4:30 – 5:25pm Afternoon Yoga* (GXR): Megan			3:30 – 4:30pm Body Pump (GXR): Charlene
5:30 – 6:25pm Yoga Fitness (GXR): Janet	5:30 – 6:30pm Crossbox (MPR): Quinn/Teresa	5:30 – 6:25pm Yoga Basics (GXR): Janet	5:30 – 6:30pm Crossbox (MPR): Mandy			
5:30 – 6:15pm Cycling (MPR): Leslie	5:35 – 6:20pm TRX (GXR): Marcel/Lori	5:30 – 6:15pm Cycling (MPR): Leslie	5:35 – 6:20pm TRX (GXR): Marcel/Lori			
6:30 – 7:00pm Butts & Guts (GXR): Kay	6:30 – 7:30pm Body Pump (GXR): Mandy	6:30 – 7:15pm Pound (GXR): Leslie				
7:00 – 8:00pm Dance Mix (GXR): Leslie						

\*JCPS eligible class

\*\* New classes