



**May 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 – 6:15am Body Pump (GXR): Charlene	5:30 – 6:15am Sunrise Cycle (MPR): Susan	7:00 – 8:00am Body Pump (GXR): Mandy/Tina	
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): Val	9:00 – 10:00am Body Pump (GXR): Val	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 X-treme Bootcamp (GXR): Dusty	
9:00 – 9:45am Forever Fit (GXR): Leslie	9:30 – 10:15am Mid-Morning Yoga (MPR): Janet		9:30 – 10:15am Mid-Morning Yoga (MPR): Janet	9:00 – 9:45am Forever Fit (Yoga) (MPR): Megan		
10:00 – 10:45am Strong Nation (MPR): Val					10:00 – 10:55am Dance Mix (GXR): Leslie	
12:00 – 1:00pm Body Pump (GXR): Charlene	10:30 -11:15am Tai Chi (MPR): Judy	12:00 – 1:00pm Body Pump (GXR): Charlene	10:30 - 11:15am Tai Chi (MPR): Judy			
12:10 – 12:50pm Mid-day Yoga (MPR): Jill		12:10 – 12:50pm Mid-day Yoga (MPR): Jill				3:30 – 4:30pm Body Pump (GXR): Charlene
4:30 - 5:15pm Fitness Fusion* (GXR): Kathy D	4:30 – 5:25pm Afternoon Yoga* (GXR): Jill	4:30 - 5:15pm Fitness Fusion* (GXR): Kathy D	4:30 – 5:25pm Afternoon Yoga* (GXR): Sandy			
5:30 – 6:25pm Yoga Fitness (GXR): Janet	5:30 – 6:25pm Crossbox (MPR): Quinn/Teresa	5:30 – 6:25pm Yoga Basics (GXR): Rebecca	5:30 – 6:25pm Crossbox (MPR): Mandy			
5:30 - 6:15pm Cycling (MPR): Leslie		5:30 – 6:15pm Cycling (MPR): Leslie				
	6:30 – 7:30pm Body Pump (GXR): Mandy	6:30 – 7:15pm Pound* (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Tina			
7:00 – 8:00pm High Fitness (GXR): Leslie						

\*JCPS eligible class

**Remember to disinfect equipment before and after use. Maintain at least a 6 foot distance from others!**