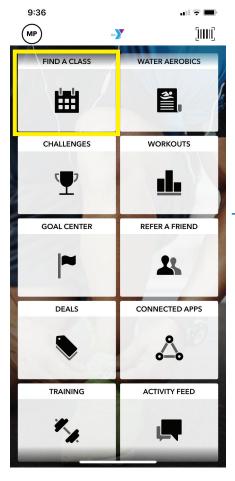
HOW TO FIND A LAND GROUP EXERCISE CLASS & WATER AEROBICS CLASS

•Land Group Exercise



Select "Find A Class" tile.

9:12 all 🕆 🔳 **K** Back Jefferson City YMCA BY DATE MONDAY, APR 27, 2020 Forever Fit 9:00 AM - Leslie Bryant Silver Sneakers Classic 9:00 AM - LaVerne Brondel Cardio Mix 9:00 AM Strong by Zumba 10:00 AM - Val Robinson Silver Sneakers Classic 10:15 AM · Kathy Deeken Silver Sneakers Classic 10:30 AM - Various **Body Pump** 12:00 PM · Charlene Fitch Mid-day Yoga 12:10 PM • Therese Miller Q ☆ ଲ LOCATIONS FAVORITES

Classes are listed by time for the current day. Click on the class you are interested in for the location and a description.

9:12 ul 🕆 💻 **K** Back Jefferson City YMCA BY INSTRUCTOR List may not be complete. Call location for more info. Charlene Earley Charlene Fitch Denise Smith Dorothy Johnson Dusty Haley Janet Bloemke Judy Baumgartner Kathy Deeken LaVerne Brondel Lawren Mordica Leslie Bryant Lisa Garritano Liz Fleenor Lori Brehe Q ☆ ଲ LOCATIONS FAVORITES

K Back Jefferson City YMCA BY ACTIVITY Afternoon Yoga Barre and More Body Pump Bootcamp Butts and Guts Cardio Mix Core and More Crossbox Cycle Cycling Dance Mix Early Bootcamp **Fitness Fusion** Forever Fit Forever Fit (Yoga) Q ☆ ଲ LOCATIONS FAVORITES

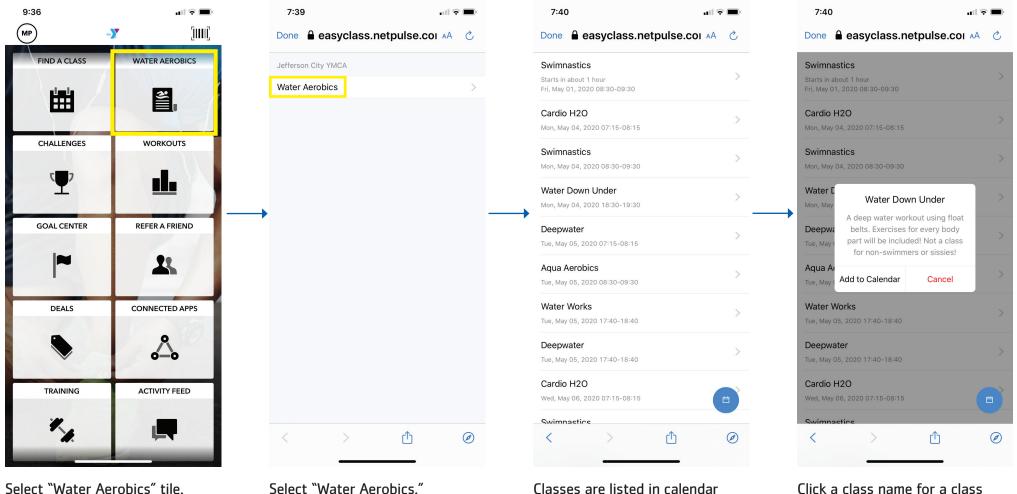
9:12

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If you would like to find classes by a specific instructor, click "By Instructor" at the top of the page. Click the instructors name for a listing of the classes they teach. If you are looking for a specific type of class, click "By Activity" for an alphabetical class list.

HOW TO FIND A LAND GROUP EXERCISE CLASS & WATER AEROBICS CLASS

•Water Aerobics



Select "Water Aerobics" tile.

Select "Water Aerobics."

Classes are listed in calendar order.

description.