



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:15am **Body Pump (GXR): Drew	5:15 – 6:15am Body Pump (GXR): Charlene	5:15 – 6:15am **Tabata/Flex (GXR): Drew	5:15 – 6:15am Body Pump (GXR): Charlene	5:15 – 6:15am **Tabata/Core (GXR): Drew	7:00 – 8:00am Body Pump (GXR): Various	
5:30 – 6:15am Sunrise Cycle (MPR): Susan	8:15– 9:15am Crossbox (MPR): Ellie	8:10– 8:50am **L.I.I.T. (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa	5:30 – 6:15am Sunrise Cycle (MPR): Susan		
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): Sarah		9:30 – 10:15am Mid-Morning Yoga (MPR): Sarah	9:00 – 9:45am Forever Fit (Yoga) (MPR): Bev		
10:00 – 10:45am Strong Nation (MPR): Val	10:30 – 11:15am Tai Chi (MPR): Judy		10:30 – 11:15am Tai Chi (MPR): Judy		10:00 – 10:55am Dance Mix (GXR): Leslie	
10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 – 11:15am Silver Sneakers Classic (GXR): Various	10:30 -11:15am Silver Sneakers Yoga (GXR): Janet		
12:00 – 1:00pm Body Pump (GXR): Charlene		12:00 – 1:00pm Body Pump (GXR): Charlene				
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): Lawren	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	5:35 – 6:20pm **Dance Fitness (GXR): Crystal	5:30 – 6:15pm Cycling (MPR): Leslie	5:35 – 6:20pm **Dance Fitness (GXR): Crystal			
6:30 – 7:30pm High Fitness (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Mandy	6:30 – 7:15pm **Drum Core (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Tina			

\*\*New Class

All Silver Sneakers classes are chair based.