



September 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				5:30 – 6:15am Sunrise Cycle (MPR): Susan		
8:15 – 8:45am Pound (GXR): Val	8:15–9:15am Crossbox (MPR): Ellie	8:10– 8:50am **L.I.I.T. (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa			
8:35 – 9:20am Yoga (MPR): Sarah		8:35 – 9:20am Yoga (MPR): Sarah				
9:00 – 9:45am Forever Fit (GXR): Leslie	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	
9:30 – 10:15am Strong Nation (MPR): Val	9:30 – 10:15am Mid-Morning Yoga (MPR): Sweety		9:30 – 10:15am Mid-Morning Yoga (MPR): Sweety	9:00 – 9:45am Forever Fit (Yoga) (MPR): Bev		
	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		
12:10 – 12:50pm Mid-day Yoga (MPR): Sweety		12:10 – 12:50pm Mid-day Yoga (MPR): Sweety		12:00-12:45 Gentle Yoga (GXR): Johanna		3:30 – 4:30pm Body Pump (GXR): Charlene
	4:30 – 5:25pm Afternoon Yoga (GXR): Sweety		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 Interval Express (GXR): Charlene	5:30 – 6:15pm Cycling (MPR): Leslie	5:35 – 6:20pm Interval Express (GXR): Charlene			
6:30 – 7:30pm High Fitness (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Mandy	6:30 – 7:15pm Dance & Tone (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Tina			

All Silver Sneakers classes are chair based.