



# October Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:20 am Up Tempo! (GXR) Dusty	5:15 – 6:15am Body Pump (GXR): Charlene	5:30 – 6:20 am Up Tempo! (GXR) Dusty	5:15 – 6:15am Body Pump (GXR): Charlene	5:30 – 6:20 am Up Tempo! (GXR) Dusty	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 – 9:15am Crossbox (MPR): Ellie	8:10 – 8:50am **L.I.L.T. (GXR): Leslie	8:15 – 9:15am Crossbox (MPR): Teresa/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 Back Yard Boot Camp Boot Camp (GXR): Dusty	
	9:30 – 10:15am Mid-Morning Yoga (MPR): Laura			9:00 – 9:45am Forever Fit (Yoga) (MPR): Bev		
					10:00 – 10:55am Dance Mix (GXR): Leslie	
10:30 – 11:15am Silver Sneakers Classic (GXR): Lisa/Val	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 – 11:15am Silver Sneakers Classic (GXR): Lisa/Val	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 – 11:15am Silver Sneakers Yoga (GXR): Janet		
11:45-12:30pm Midday Yoga Rest (MPR): Therese		11:45-12:30pm Midday Yoga Rest (MPR): Therese	11:00 – 11:30 am Late-Morning Yoga (MPR): Randi			
	4:30 – 5:25pm Afternoon Yoga (GXR): Laura		4:30 – 5:25pm Afternoon Yoga (GXR): Johanna			3:30 – 4:30pm Body Pump (GXR): Charlene
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 Leslie (MPR)	5:35 – 6:20pm Pilates (GXR): Charlene	5:30 – 6:15pm Cycling Leslie (MPR)				
6:30 – 7:30pm Dance High (GXR): Leslie		6:30 – 7:15pm Dance & Tone (GXR): Leslie				

Introducing the “Midday Yoga Rest” on Mondays and Wednesdays at 11:45am in the MPR. In this class, you will “hit” pause, stretch and strengthen the body, and refocus the mind for the activities of the rest of the day.

Pound at 8:15am on Mondays has been removed this month.

Move Your Body at 9:00am on Mondays has been removed this month.

Pilates at 5:30pm on Thursdays has been removed this month.

6:30am Barre class on Thursdays has been removed this month.

**All Silver Sneakers classes are chair based.**