



January Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

ANNOUNCEMENTS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 – 6:15am Body Pump (GXR): Charlene		5:15 – 6:15am Body Pump (GXR): Charlene		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.I.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 Yoga (Forever Fit) (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 Reset (MPR): Therese		11:45 – 12:30pm Midday Yoga Reset (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)	5:30 – 6:25pm Pilates Flow (GXR) Liz Fleenor			
6:30 – 7:30pm Dance High (GXR): Leslie		6:30 – 7:15pm Dance & Tone (GXR): Leslie				

Launch Into 2023

January 1st. See website and Flyer for available classes that day. (All other classes cancelled January 1st)

Introducing Pilates Flow on Thursday evenings at 5:30pm!

This class is a strength training and toning repertoire that focuses on your center, posture, balance, and flexibility, and encourages you to identify and work within the limits of your body with mindfulness and breath work that can help relieve tension and stress.

Up Tempo! Has been removed from the schedule.

All Silver Sneakers classes are chair based.