



# May Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:15am Body Pump (GXR): Maria	5:15 – 6:15am Body Pump (GXR): Charlene	5:15 – 6:15am Body Pump (GXR): Maria	5:15 – 6:15am Body Pump (GXR): Charlene	5:15 – 6:15am Body Pump (GXR): Maria	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		8:45 – 9:45am Tabata (GXR): Sheila	
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 (MPR): Dusty	
	9:30 – 10:15am Mid-Morning Yoga (MPR): Laura	10:00 – 10:55am Kids Class (MPR): Sheila		9:00 – 9:55am Yoga (Forever Fit) (MPR): Bev	10:00 – 10:55am Kids Class (MPR): Sheila	
					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	11:30 – 12:15pm H.I.I.T. (GXR): Sheila	11:45 – 12:30pm Midday Yoga Reset (MPR): Therese	11:00 – 11:30 am Late-Morning Yoga (MPR): Randi			
			11:30 – 12:15pm H.I.I.T. (GXR): Sheila			
	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): Ellie			
5:30 – 6:15pm Cycling Leslie (MPR)		5:30 – 6:15pm Cycling Leslie (MPR)	5:30 – 6:30pm Pilates Flow (GXR) Liz Fleenor			
6:30 – 7:30pm Dance High (GXR): Leslie		6:30 – 7:15pm Dance & Tone (GXR): Leslie				

Now offering a YOUTH group exercise class on Wednesdays and Saturdays from 10:00-10:55am in the Hartsfield MPR. “Kid-Ex” is for kids 8 to 13 years old!

Let’s “HIIT” IT! Now offering “High Intensity Interval Training” or “H.I.I.T.” class on Tuesdays and Thursdays in the Hartsfield GXR from 11:30 to 12:15pm!

Tabata is BACK! Join Sheila Saturday mornings at 8:45am for 60 minutes of aerobic and strengthening fitness that will get the most out of anyone who is looking to get their heart rate up and a good sweat going!

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