



# January Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

January 1<sup>st</sup>: "Launch into 2024" schedule.  
Refer to separate flyer or website.

FOLLOW THE JCYMCA HEALTH &  
WELLNESS PAGE FOR MORE UPDATES!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*5:15 – 6:15am Body Pump (GXR): Maria		5:15 – 6:15am Body Pump (GXR): Maria		7:00 – 8:00am Body Pump (GXR): Tina	
5:30 – 6:15am Sunrise Cycle (MPR): Susan		5:15 – 6:00am Sunrise Cycle (MPR): Angela	6:30 – 7:15am Early Morning Yoga (GXR) Laura	5:30 – 6:15am Sunrise Cycle (MPR): Susan	**7:30 – 8:30am Saturday Spin (MPR): Angela	
	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 (MPR): Dusty	
	9:30 – 10:20am Mid-Morning Yoga (MPR): Laura		10:30–11:15am Kids Class (MPR) Sheila	9:00 – 9:55am Yoga (Forever Fit) (MPR): Bev		
					10:00 – 10:55am Dance Mix (GXR): Leslie	
10:30 – 11:15am Silver Sneakers Classic (GXR): Val	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie	10:30 – 11:15am Silver Sneakers Classic (GXR): 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				
	4:30 – 5:25pm Afternoon Yoga (GXR): Laura	4:30 – 5:15pm Tween/Teen Agility (GXR): Sheila	4:30 – 5:25pm Afternoon Yoga (GXR): Johanna			3:30 – 4:30pm Body Pump (GXR): Maria
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 (MPR) Leslie		5:30 – 6:15pm Cycling (MPR): Leslie	5:30–630pm Pilates (GXR): Liz			
6:30 – 7:30pm Dance High (GXR): Leslie		6:30 – 7:15pm Dance & Tone (GXR): Leslie				

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