



# March Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

## ANNOUNCEMENTS!

Introducing Tai Chi with Judy Baumgartner on Mondays and Wednesdays at 10:00am in the Hartsfield MPR. This exercise program is easy to follow for all fitness levels, including seniors. Participate in the Tai Chi program for renewed strength, flexibility, and balance.

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		
10:00-10:45am Tai Chi (MPR): Judy		10:00-10:45am Tai Chi (MPR): Judy			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 – 5:25pm Afternoon Yoga (GXR): Johanna			3:30 – 4:30pm Body Pump (GXR): Maria
5:30 – 6:25pm Yoga Fitness (GXR): Laura	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 – 6:30pm Body Pump (GXR): Annika	5:30 – 6:15pm Cycling (MPR): Leslie	5:30-6:30pm Pilates (GXR): Liz			
6:30 – 7:30pm Dance High (GXR): Leslie		6:30 – 7:15pm Dance & Tone (GXR): Leslie	6:30 – 7:30pm Body Pump (GXR): Annika			

All Silver Sneakers classes are chair based.