



March 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): 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 – 5:25pm 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			

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All Silver Sneakers classes are chair based.