



July 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	5:30-6:15am Sunrise Cycle (MPR): Annika	5:15 – 6:15am Body Pump (GXR): Maria		7:00 – 8:00am Body Pump (GXR): Tina	8:00-9:00am Body Pump (GXR): Annika
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): Ellie			
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 – 10:20am Mid-Morning Yoga (MPR): Laura		9:30-10:15am Mid-morning Stretch and Flow (MPR): Ellie	9:00 – 10:00am Yoga (Forever Fit) (MPR): Bev	9:00-9:45am Kids Class-Relay Races-Ages 4-8 (MPR): Annika	
10:35-11:15am Kids Class-Old School Games- Ages 5-10 (MPR): Sabrina	10:30- 11:15am Kids Class-Mermaid Dance Party Ages 4-8 (MPR) Sabrina		10:30-11:15am Kids Boot Camp (MPR) Ages 9-13		10:00 – 10:55am Shine Dance Fitness (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:)Lee		
11:30-12:15pm Barre (GXR):Sabrina	11:30-12:00pm Lunch Box (MPR): Ellie	11:30-12:15pm Two Left Feet Dance (GXR): Sabrina	11:30-12:00pm Lunch Box (MPR): Ellie	11:30-12:15pm Two Left Feet Dance (GXR): Sabrina		
11:45-12:30pm Midday Yoga Reset (MPR): Therese	1:15-2:00pm Midday Stretch (MPR): Kay	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	4:30-5:10pm Cycle and Strength (MPR):Crystal	5:30 – 6:25pm Yoga Basics (GXR): Rebecca	5:30 – 6:30pm Crossbox (MPR): Ellie			
5:30 - 6:15pm Cycling (MPR):Leslie	5:30-6:30pm Crossbox (MPR): Quinn	5:30 - 6:15pm Cycling (MPR): Leslie	5:30-6:30pm Pilates (GXR) Liz			
6:30 – 7:30pm Dance High (GXR): Leslie	5:30-6:30pm Body Pump (GXR): Annika	6:30 – 7:15pm Dance & Tone (GXR): Leslie	6:35-7:35pm Body Pump (GXR): Annika			

Kids' classes now have summer themes and age limits.

Monday 10:35-11:15am
Kids Class-Old School Games
Ages 5-10
(MPR): Sabrina

Tuesday 10:30-11:15am
Kids Class-Mermaid Dance Party
Ages 4-8
(MPR):Sabrina

Thursday 10:30-11:15am
Kids Class-Kids Boot Camp
Ages 9-13
(MPR): Sabrina

Saturday 9:00-9:45am
Kids Class-Relay Races
Ages 4-8
(MPR): Annika

