



# January 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				5:30 – 6:15am Sunrise Cycle (MPR): Susan		
	8:15 – 9:15am Crossbox (MPR): Ellie	8:10 – 8:50am L.I.I.T. (GXR): Leslie				
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	
10:30am-11:15am Kids Class (MPR): Sabrina	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	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		
	11:30-12:00pm 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): Johanna		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 Shine + Uplift (GXR): Leslie	6:35-7:35pm Body Pump (GXR): Annika			

Join Leslie for her new class: **Shine + Uplift**-class kicks off with high cardio dance routines to current hit music using easy to follow choreography crafted by Shine. Once you are fully warmed up, we transition to the strength portion of the class using hand weights, bands, and a ball to target specific muscles while rocking out to the most iconic music.

**Wednesday 5:30am-6:15am Sunrise Cycle (MPR):** with Sophia has been removed from the schedule.

