November Group Exercise

Hartsfield YMCA- 3507 Amazonas Drive, Jefferson City

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 Faith and Fitness Bootcamp (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	10:00 – 10:55am Shine Dance Fitness (GXR): Leslie	
	10:30 – 11:15am Silver Sneakers Classic (GXR): Ellie					
10:30 – 11:15am Silver Sneakers Classic (GXR): Val	11:30-12:00pm Lunch Box (MPR): 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		
	12:30-1:00pm Butts & Guts (MPR): Kay	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 High Fitness (GXR): Leslie	5:30-6:30pm Body Pump (GXR): Annika	6:30 – 7:30pm Shine + Uplift (GXR): Leslie	6:35-7:35pm Body Pump (GXR): Annika			

Join us for the November 9th potluck lunch & learn with Dr. Sean Marx. Please sign up at the Hartsfield front desk.

Wednesday November 25th evening classes are canceled.

Friday November 27th normal scheduled group exercise classes are canceled. Please participate in the Turkey Burn.

Bring a friend for the Turkey Burn the day after Thanksgiving on November 27th. Classes for the Turkey Burn are:

8:00am Body Pump with Annika in the GXR @ Hartsfield.

9:15am High Fitness Dance with Leslie in the GXR @ Hartsfield.

10:45am Cyle and Strength with Crystal in the MPR @ Hartsfield.