



FEBRUARY 2021

YOUR WORKOUT. YOUR WAY.

Join us for virtual or in-person group exercise classes at both branches.

VIRTUAL GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:30 AM YSPIN Amanda</p> <p>8:30 AM CARDIO COMBO Tom</p> <p>9:45 AM YOGA Teresa</p>	<p>8:30 AM YSPIN Bob</p> <p>9:45 AM PILATES Michelle</p> <p>5:45 PM BODY PUMP Michelle</p>	<p>8:30 AM TOTAL BODY CONDITIONING Mailynn</p>	<p>8:30 AM YSPIN Bob</p>	<p>5:30 AM YSPIN Amanda</p> <p>8:30 AM BARRE Bonnie</p> <p>9:45 AM BODY PUMP Jen S.</p> <p>5:45 PM PILATES Michelle</p>	<p>8:30 AM CARDIO COMBO Tom</p> <p>11:15 AM ZUMBA LaMonica</p>

Virtual classes are FREE for members; \$59 monthly pass for the community. Delivered through Zoom; February links are sent following registration at JacksonYMCA.org.

DOWNTOWN AND SUMMIT GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SPECIALTY CLASSES
<p>Classes are FREE for members! \$14/drop-in community rate</p> <p>DOWNTOWN 5:45 PM ZUMBA Jen S.</p>	<p>SUMMIT 5:30 AM BUTTS & GUTS Margot</p> <p>SUMMIT 8:30 AM 20/20/20 Mailynn</p> <p>SUMMIT 11:00 AM SILVER SNEAKERS Jeff</p>	<p>DOWNTOWN 5:45 PM CARDIO KICK Sheryl</p> <p>SATURDAY</p> <p>SUMMIT 10:00 AM BODY PUMP Jen S.</p>	<p>SUMMIT 5:30 AM INTERVAL TRAINING Belinda</p> <p>SUMMIT 9:45 AM TAI CHI Ken</p> <p>SUMMIT 11:00 AM SILVER SNEAKERS Jeff</p> <p>SUMMIT 5:45 PM STRONG Jen S.</p>	<p>ALL CLASSES HELD DOWNTOWN</p> <p>WEDNESDAY</p> <p>5:30 AM YSPIN Amanda</p> <p>9:45 AM BOOT CAMP/ BATTLE ROPES Kathy D.</p> <p>SATURDAY</p> <p>9:00 AM REBOUNCE - Sheryl</p> <p>Try our in-person specialty classes for an introductory member rate of \$5 per class! Community rate is \$14/class or \$98 for 10 classes</p>