

**DEC.
2021**

Classes marked with a "\$" are specialty, fee-based classes. Please see the reverse side for pricing.

GROUP EXERCISE SCHEDULE



	CLASS	TIME	INSTRUCTOR	LOCATION
MONDAY	\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
	\$ YSpin	5:30 AM	Belinda	Summit Branch
	Cardio Combo	8:30 AM	Tom/Lori	Virtual/Zoom
	\$ Body Pump	9:45 AM	Michelle	Downtown / Aerobics Room
	\$ Aqua Fit	10:00 AM	Lauren	Downtown / Large Pool
	Barre	4:45 PM	Lori	Summit
	\$ YSpin	5:30 PM	Elaine	Summit
	Zumba	5:30 PM	Jen S.	Downtown / Aerobics Room
	\$ TRX	6:45 PM	Kelly	Downtown / X-Train Room
TUESDAY	Butts & Guts	5:30 AM	Margot	Summit Branch
	\$ TRX	5:30 AM	Don	Downtown/X-Train Room
	20/20/20	8:30 AM	Mailynn	Summit Branch
	\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
	Pilates	9:45 AM	Michelle	Downtown / Aerobics Room
	\$ Yoga	9:45 AM	Teresa	Summit Branch
	\$ Aqua Fit	10:00 AM	Koke	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Jeff	Summit Branch
	\$ Rock Steady Boxing	1:15 PM	Mailynn/Coaches	Summit / See Back Page
	\$ Aqua Boot Camp	5:00 PM	Erin/Lauren	Downtown / Large Pool
	\$ Body Pump	5:30 PM	Jen	Summit Branch
	Compound Cardio Blast	5:30 PM	Mailynn	Downtown / Aerobics Room
	Aqua Zumba	6:00 PM	Gayle	Downtown / Large Pool
WEDNESDAY	\$ YSpin	5:30 AM	Amanda	Downtown / X-Train Room
	T.B. Conditioning	5:30 AM	Belinda	Summit Branch
	Compound Cardio Blast	8:30 AM	Mailynn	Downtown / Aerobics Room
	Cross Train - Weights	8:30 AM	Tom	Virtual / Zoom
	\$ Ride & Renew	8:30 AM	Teresa	Summit Branch
	\$ Target Tone	9:45 AM	Jeff	Downtown / Aerobics Room
	Zumba	9:45 AM	Andrea	Summit Branch
	\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
	Tai Chi	12:15 PM	Ken	Summit Branch
	T.B. Conditioning	4:45 PM	Lori	Summit Branch
	\$ Boot Camp	5:30 PM	Kathy	Downtown / Small Gym
	\$ Triathlon Training	6:00 PM	Jeff	Downtown / Check in at Desk

GROUP EXERCISE SCHEDULE - DEC. 2021

	CLASS	TIME	INSTRUCTOR	LOCATION
THURSDAY	\$ TRX	5:30 AM	Don	Downtown / X-Train Room
	Interval Training	5:30 AM	Margot	Summit Branch
	\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
	C3	9:45 AM	Kathy	Downtown / TBD
	Pilates	9:45 AM	Michelle	Summit Branch
	\$ Aqua Fit	10:00 AM	Koke	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Michelle	Summit Branch
	\$ Rock Steady Boxing	1:15 PM	Mailynn/Coaches	Summit / See Below
	\$ Aqua Boot Camp	5:00 PM	Erin/Lauren	Downtown / Large Pool
	Cardio Kick	5:30 PM	Sheryl	Downtown / Aerobics Room
	Zumba	5:30 PM	Jen S.	Summit Branch
	Aqua Zumba	6:00 PM	Gayle	Downtown / Large Pool
	\$ TRX	6:45 PM	Kelly	Summit Branch
FRIDAY	Barre	8:30 AM	Bonnie	Virtual / Zoom
	\$ YSpin	8:30 AM	Bob	Downtown / X-Train Room
	\$ Aqua Fit	10:00 AM	Christine K	Downtown / Large Pool
	Silver Sneakers	11:00 AM	Jeff	Summit Branch
SATURDAY	\$ Cross Train - Step	8:00 AM	Tom / Lori	Downtown / Aerobics Room
	\$ Body Pump	8:45 AM	Jen S.	Summit Branch
	\$ ReBounce	10:05 AM	Sheryl	Downtown / Aerobics Room
	\$ Aqua Fit	9:00 AM	Erin/Aquatics Staff	Downtown / Large Pool
	Zumba	10:00 AM	Jen S.	Summit Branch
	Zumba	11:15 AM	LaMonica	Downtown / Aerobics Room
	Aqua Zumba	12:30 PM	LaMonica	Downtown / Large Pool

Please arrive 5-10 minutes early; bring a water bottle & towel.

LOCATIONS

Downtown Branch

127 W. Wesley St.
Jackson, MI 49201

Summit Branch

2151 Ferguson Rd.
Jackson, MI 49201

517.782.0537
JacksonYMCA.org

PRICING

YMCA Members

Classes marked with a "\$" are:

- \$8 drop-in
- \$22 monthly

All other classes are free

Community Members

- \$14 per drop-in
- \$98 for a 10-class punch card
- \$59 monthly for virtual

Rock Steady Boxing

Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.

Participants must complete an assessment prior to their first class.

Contact Mailynn Pratt at
mailynn@jacksonymca.org.