

Springfield YMCA

Group Exercise & Adult Aqua Fitness

Spring Session: February 26th to April 28th 2024



Monday

Group Exercise

5:45am	Cardio Interval w/ Anna – Studio 1
8:00am	Hatha Flow w/ Jenna – Studio 1
8:30am	Cycle 30 w/ Danielle – Studio 2
9:15am	Total Body HIIT w/ Danielle – Studio 1
9:15am	Yoga For Active Adults w/ Jenna – Mind Body Studio
9:30am	Rhythm Step w/ Kathy– GYM A/B
10:00am	Cycle 45 w/ Amanda O. – Studio 2
10:30am	Barre Pilates Fusion w/ Michael – Mind Body Studio
10:30am	Red Hot Dance w/ Pam – Studio 1
12:00pm	Silver Sneaker Circuit w/ Michael – Studio 1 Chair
1:00pm	Chair Yoga w/ Ruth Anne – Studio 1
4:00pm	Kickbox w/ Ashley – Studio 1
5:00pm	Les Mills Grit Mix w/ Danielle P – Studio 1
5:45pm	Les Mills Body Pump 60 w/ Danielle – Studio 1
6:00pm	Barre w/ Donna – Mind Body Studio
6:00pm	Teen TRX w/ Annie – TRX Room
7:00pm	Cycle Power Half Hour w/ Fred – Studio 2
7:00pm	All Levels Yoga w/ Lisa– Studio 1

Aqua Fitness

8:00am	Aquatic Fit w/ Trina
9:00am	Aqua Total Body Fitness w/Roe
10:30am	Aqua Fibromyalgia w/ Vicki
11:30am	Aqua Easy w/ Tina

Tuesday

Group Exercise

5:30am	Cardio Blast w/ Judi – Studio 1
5:30am	Cycle Bootcamp w/ Lindsay – Studio 2
8:00am	Yoga Flow w/ Mary – Mind Body Studio
8:30am	Lift 30 w/ Danielle – Studio 1
9:00am	Cycle 45 w/ Melissa –Studio 2
9:15am	Pilates w/ Lorraine– Mind Body Studio
9:30am	Les Mills Body Pump 60 w/ Danielle – Studio 1
10:30am	Low Impact w/ Leah – Mind Body Studio
10:30am	Tabata Circuit w/ Jess – TRX Room
11:15am	Vinyasa Flow w/ Kathy – Studio 1
12:15pm	Gentle Yoga w/ Kathy – Studio 1
3:45pm	Yoga for Athletes with Jenna– Mind Body Studio
4:00pm	Zumba w/ Michael – Studio 1
4:45pm	Yoga Sculpt w/ Jenna – Mind Body Studio
5:00pm	Kickbox w/ Ashley – Studio 1
6:00pm	Les Mills Body Pump 60 w/ Catherine– Studio 1
6:00pm	Barre w/ Michael – Mind Body Studio
6:00pm	Cycle 45 w/ Michelle – Studio 2
6:30pm	TRX Core w/ Fred – TRX Room
7:00pm	Pilates w/ Donna– Mind Body Studio
7:15pm	Hatha Yoga w/ Ruth Anne – Studio 1

Aqua Fitness

8:00am	Aqua Barre w/ Trina
9:00am	Aqua Pump w/ Nikki
10:00am	Aqua Multiple Sclerosis w/ Vicki
12:00pm	Aqua Parkinson w/ Vicki
7:00pm	Aqua Interval w/ Alyce

Wednesday

Group Exercise

5:45am	Cycle 45 w/ Anna – Studio 2
6am	Kettlebells w/ Doug – Studio 1
8:15am	Cycle 30 w/ Danielle – Studio 2
8:30am	Barre w/ Donna – Mind Body Studio
9:00am	HIIT w/ Stacey – Gym A/B
9:00am	Cardio Power Sculpt w/ Julie – Studio 1
9:45am	Yoga Sculpt w/Jenna– Mind Body Studio
10:15am	Kickboxing w/ Stacey – Studio 1
10:30am	Women and Weights w/ Jess – TRX Room
11:15am	Silver Sneakers Boom w/ Michael – Studio 1
12:15pm	Yoga for Active Adults w/ Mary – Studio 1
4:00pm	Hatha Yoga w/ Jenna– Mind Body Studio
4:15pm	Barre Pilates w/ Lynn – Studio 1
5:00pm	Cycle 30 w/ Allison – Studio 2
5:15pm	RIPPED w/ Catherine – Studio 1
5:45pm	Power Pilates w/ Lorraine – Mind Body Studio
6:00pm	Teen TRX w/ Annie – TRX Room
6:15pm	Les Mills Body Pump w/ Danielle P. – Studio 1
6:30pm	Cycle 45 w/ Fred – Studio 2

Aqua Fitness

8:00am	Aquatic Fit w/ Trina
9:00am	Aqua Total Body Fitness w/Roe
10:00am	Aqua Interval w/ Alyce
11:00am	Aqua Total Body Fitness w/Tina
12:00pm	Aqua Zumba w/ Nikki

Thursday

Group Exercise

5:15am	Strength and Conditioning w/ Alissa – Turf/track
5:30am	Les Mills Body Pump 45 w/ Judi – Studio 1
5:30am	Cycle Bootcamp w/ Lindsay – Studio 1
8:30am	Les Mills Body Combat w/ Danielle – Studio 1
8:30am	Cycle 45 w/ Erin – Studio 2
9:00am	Hatha Yoga w/Jenna– Mind Body Studio
9:30am	Les Mills Body Pump 60 w/ Danielle – Studio 1
10:15am	T'ai Chi Chih w/ Nancy – Mind Body Studio
10:30am	TRX Circuit w/ Jess–TRX Room
11:15am	Hatha Yoga and Breath Work w/ Jane– Mind Body Studio
11:00am	Chair Yoga w/ Jenna – Studio 1
12:30am	Zumba Gold w/ Michael – Studio 1
2:00pm	Drumming for Parkinson w/Roe– Mind Body Studio
4:00pm	Barre w/ Michael –Mind Body Studio
4:30pm	Cycle 30 w/ Emily – Studio 2
5:15pm	Les Mills Grit Mix w/ Danielle – Studio 1
6:00pm	Les Mills Body Combat w/ Danielle – Studio 1
6:00pm	Cycle 45 w/ Michelle– Studio 2
6:30pm	TRX Core w/ Fred – TRX Room
7:00pm	All Levels Yoga w/ Lisa – Mind Body Studio
7:00pm	Zumba w/ Michelle – Studio 1

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Thursday

Aqua Fitness

8:00am	Aqua Barre w/ Trina
9:00am	Aqua Zumba w/ Nikki
10:00am	Aqua Multiple Sclerosis w/ Vicki
12:00pm	Aqua Parkinson w/ Vicki
6:00pm	Aqua Push w/ Karyn
7:00pm	Total Body Aqua Fitness w/ Alyce

Friday

Group Exercise

6:00am	Cycle 45 w/ Guy - Studio 2
6:00am	Power Yoga w/ Olga - Studio 1
8:30am	Mat Pilates w/ Lorraine- Mind Body Studio
8:45am	Cycle 30 w/ Melissa - Studio 2
9:00am	X-Fit w/ Stacey - Gym A/B
9:30am	Barre w/ Tina - Mind Body Studio
9:30am	Body Shred w/ Melissa- Studio 1
10:15am	Kick Boxing w/ Stacey - Studio 1
11:15am	Silver Sneaker Boom w/ Michael - Studio 1
12:00pm	Cycle Express/Mini Strength w/ Emily - Studio 2
12:15pm	Low Impact w/ Leah - Studio 1
5:00pm	Les Mills Body Pump 45 w/ Lorraine - Studio 1

Aqua Fitness

8:00am	Aqua Party w/ Trina
9:00am	Aqua Total Body Fitness w/ Roe
10:45am	Aqua Easy w/ Tina
5:00pm	Aqua Interval w/ Brett

Saturday

Group Exercise

7:30am	Cycle 60 w/ Fred - Studio 2
8:30am	Slow Flow w/ Olga - Mind Body Studio
8:30am	Les Mills Body Attack 30 w/ Brittany - Studio 1
9:00am	TRX w/ Liz - TRX Room
9:00am	Les Mills Body Balance w/ Brittany - Studio 1
9:30am	Cycle 45 w/ Keith - Studio 2
9:35am	Les Mills Body Pump w/ Brittany - Studio 1
10:30am	Zumba w/ Michelle - Studio 1

Aqua Fitness

12:15pm	Aquatic Instructor's Choice
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Sunday

Group Exercise

7:15am	TRX Core w/ Fred - TRX Room
8:15am	Basic Step with Weight Intervals w/ Donna F. - Studio 1
8:30am	Cycle 60 w/ Mitch - Studio 2
9:15am	Cardio Barre w/ Stacey - Studio 1
10:15am	Hatha Yoga w/ Ruth Anne - Studio 1
12:00pm	Yin Acu- Point Yoga w/ Jane- Mind Body Studio
12:15pm	Les Mills Core w/ Lorraine - Studio 1
1:00pm	Red Hot Dance w/ Pam - Studio 1

Aqua Fitness

9:30am	Aqua Push+ w/ Karyn
10:45am	Aqua Total Body Fitness w/Roe