

Springfield YMCA

Group Exercise & Adult Aqua Fitness

Session – June 2 – August 24, 2025



Monday

Group Exercise

5:45am	Cardio Interval w/ Anna – 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/ Kathy – Mind Body Studio
10:10am	Les Mills Body Combat 30 w/ Daniella – Studio 1
10:30am	TRX w/ Dae – TRX Room
10:30am	Barre Pilates Fusion w/ Michael – Mind Body Studio
10:45am	Red Hot Dance w/ Pam – Studio 1
12:00pm	Silver Sneaker Circuit w/ Michael – Studio 1
1:00pm	Chair Yoga w/ Ruth Anne – Studio 1
4:15pm	Cycle 30 w/ Erin
5:00pm	Les Mills Grit Mix w/ Danielle P – Studio 1
5:30pm	Cycle 60 w/ Tracy – Studio 2
5:45pm	Les Mills Body Pump 60 w/ Danielle – Studio 1
6:00pm	Barre w/ Donna – Mind Body Studio
6:00pm	TRX Circuit w/ Annie – TRX Room
7:00pm	Cycle Power Half Hour w/ Fred – Studio 2
7:00pm	All Levels Yoga w/ Janine – Studio 1 (6/2 – 7/23 only)

Aqua Fitness

8:00am	Aquatic Fit w/ Trina
9:00am	Aqua Functional Fitness w/ Roe
10:30am	Aqua Zumba w/ Nikki
11:30am	Aqua Easy w/ Tina
6:00pm	Aqua Zumba w/ Michelle (lap pool)

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 (6/2 – 7/23 only)
8:30am	Lift 30 & Core 15 w/ Danielle – Studio 1
9:15am	Pilates w/ Lorraine – Mind Body Studio
9:30am	Cycle 30 w/ Melissa – Studio 2
9:30am	Les Mills Body Pump 60 w/ Danielle – Studio 1
10:30am	Tabata Circuit w/ Jess – TRX Room
11:15am	Vinyasa Flow w/ Kathy – Studio 1
12:15pm	Gentle Yoga w/ Kathy – Studio 1
4:00pm	Zumba w/ Michael – Studio 1
5:00pm	Kickbox Fusion w/ Ashley – Studio 1
5:00pm	Cycle Core 45 w/ Kelly – Studio 2 (Start date 6/17)
6:00pm	Les Mills Body Pump 60 w/ Gabby or 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	Cycle Beat w/ Mina – Studio 2
7:15pm	Hatha Yoga w/ Ruth Anne – Studio 1

Aqua Fitness

8:00am	Aqua Barre w/ Trina
9:00am	Aqua Pump w/ Nikki
7:00pm	Aqua Interval w/ Alyce

Wednesday

Group Exercise

5:30am	Barre Sculpt w/ Brittany – Mind Body Studio
5:45am	Cycle 45 w/ Anna – Studio 2
6am	Les Mills Body Balance w/ Brittany – Mind Body Studio
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 – Studio 1
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/ Janine – Studio 1 (6/2 – 7/23 only)
5:00pm	Cycle 30 w/ Allison – Studio 2
5:15pm	Les Mills Grit w/ Danielle – Studio 1
5:45pm	Power Pilates w/ Lorraine – Mind Body Studio
6:00pm	TRX w/ Annie – TRX Room
6:00pm	Les Mills Body Combat 45 w/ Danielle P. – Studio 1
6:30pm	Cycle 45 w/ Fred – Studio 2
7:00pm	Red Hot Dance w/ Joanna – Studio 1

Aqua Fitness

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

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 2
8:30am	Les Mills Body Combat w/ Danielle – Studio 1
8:30am	Cycle 45 w/ Jim – Studio 2
8:30am	Les Mills Body Balance w/ Lisa – 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 w/ Kathy – Studio 1
11:15am	Cardio Drumming w/ Roe – Mind Body Studio
12:30pm	Zumba Gold w/ Nikki – Studio 1
1:30pm	Chair Yoga w/ Ruthanne – Studio 1
4:00pm	Barre w/ Michael – Mind Body Studio
5:00pm	Kickbox w/ Instructor of Choice – Studio 1
6:00pm	Total Body HIIT w/ Danielle – Studio 1
6:00pm	Cycle 45 w/ Michelle – Studio 2
6:30pm	TRX Core w/ Fred – TRX Room
7:00pm	Zumba w/ Michelle – Studio 1
7:00pm	Yoga w/ Rachel – Mind Body Studio

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Thursday

Aqua Fitness

8:00am	Aqua Barre w/ Trina
9:00am	Aqua Zumba w/ Nikki
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 – Studio 1
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	Progressive Strength Circuit 30 w/ Melissa – Studio 1
10:15am	Kickboxing w/ Stacey – Studio 1
11:15am	Silver Sneaker Boom w/ Michael – Studio 1
5:00pm	Les Mills Body Pump 45 w/ Lorraine – Studio 1

Aqua Fitness

8:00am	Aqua Party w/ Trina
9:00am	Aqua Fit w/ Roe
10:45am	Aqua Easy w/ Tina
5:00pm	Aqua Interval w/ Roe

Saturday

Group Exercise

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

Aqua Fitness

12:15pm	Aquatic Instructor's Choice
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Sunday

Group Exercise

7:30am	TRX Core w/ Fred – TRX Room
8:00am	Les Mills Body Combat/Core w/ Kathryn – 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
11:30am	Cycle 30 w/ Erin
12:15pm	Les Mills Core w/ Lorraine – Studio 1
1:00pm	Red Hot Dance w/ Pam – Studio 1

Aqua Fitness

10:00am	Aqua Push+ w/ Karyn
11:05am	Aqua Fit w/ Roe