

# Springfield YMCA

## Group Exercise & Adult Aqua Fitness

Session – December 29 – December 31, 2025

**Monday, 12/29**

### 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	All Levels Yoga w/ Kathy – Mind Body Studio
9:30am	Cycle 30 w/ Alyssa – Studio 2
10:10am	Les Mills Body Combat 30 w/ Daniella – Studio 1
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
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	Les Mills Core 30 w/ Beth – Studio 1

### Aqua Fitness

8:00am	Aquatic Fit w/ Trina
10:30am	Aqua Zumba w/ Nikki
6:45pm	Aqua Zumba w/ Michelle

**Tuesday, 12/30**

### Group Exercise

5:30am	Express Strength w/ Brittany – Mind Body Studio
5:30am	Cardio Blast w/ Judi – Studio 1
6:00am	Les Mills Body Balance 30 w/ Brittany – Mind Body Studio
8:30am	Lift 30 & Core 15 w/ Danielle – Studio 1
9:15am	Pilates w/ Lorraine – Mind Body Studio
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	Yin Yoga w/ Kathy – Studio 1
4:00pm	Zumba w/ Michael – Studio 1
6:00pm	Les Mills Body Combat/Core w/ Beth – Studio 1
6:00pm	Barre w/ Michael – Mind Body Studio
6:00pm	Cycle 45 w/ Michelle – Studio 2

### Aqua Fitness

8:00am	Aqua Barre w/ Trina
9:00am	Aqua Pump w/ Nikki

**Wednesday, 12/31**

### 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
8:30am	Ball Drop Burn Bootcamp w/ Danielle – Studio 1
10am	Tabata Circuit w/ Jess – Studio 1
11:15am	Silver Sneakers Boom w/ Michael – Studio 1

### Aqua Fitness

8:00am	Aquatic Fit w/ Trina
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