

Springfield YMCA



Adult Group Exercise

Early Fall Session: September 7th - October 24th

Pre-Registration Required ONLY for Aquatic, Cycle and TRX Classes

Register Online/APP/Call the Front Desk at 610.557.YMCA (9622) Ext. 3

Monday

Group Exercise

5:45 am	Cardio Interval w/ Anna
8 am	Hatha Flow w/ Mary
8:30 am	Cycle w/ Danielle - Registration Required
9:15 am	All Levels Xtreme w/ Danielle
9:30 am	TRX w/ Amanda
10:15 am	Barre Pilates Fusion w/ Dawn S.
10:30 am	Les Mills Body Pump w/ Carley
12 pm	Silver Sneaker Circuit w/ Michael
1 pm	Chair Yoga w/ Ruth Anne
4 pm	TRX Training for Youth Sports w/ Carley
5:45 pm	Les Mills Body Pump w/ Danielle
6 pm	Barre w/ Donna
7 pm	Cycle w/ Fred - Registration Required
7 pm	Hatha Yoga & Breath Work w/ Jane

Tuesday

Group Exercise

5:30 am	Cardio Blast w/ Judi
8:30 am	Barre w/ Lisa
9 am	Cycle w/ Melissa - Registration Required
9:30 am	Les Mills Body Pump w/ Lisa
10:30 am	Les Mills Body Flow w/ Lisa
10:30 am	TRX w/ Carley - Registration Required
11:30 am	Mobility& Stretch w/ Carley
12 pm	Gentle Yoga w/ Kathy
1:30 pm	Balance & Stretch w/ Ally
4 pm	Zumba w/ Michael
5:15 pm	Les Mills Grit w/ Carley
6 pm	Les Mills Core w/ Carley
6:30 pm	Cardio Tennis w/Dan - Registration Required
7 pm	Hatha Yoga w/ Ruth Anne

Wednesday

Group Fitness

5:45 am	Cycle w/ Anna - Registration Required
6 am	Kettlebells w/ Tim
7 am	Cycle w/ Brittany - Registration Required
7:45 am	Tabata TRX w/ Brittany - Registration Required
8:30 am	Classic Mat Pilates w/ Lisa
9 am	HIIT w/ Stacey
9:30 am	Barre w/ Lisa
10:15 am	Kick Boxing w/ Stacey - Registration Required
12 pm	Hatha Yoga for Healthy Aging w/ Mary
4:15 pm	Les Mills GRIT Cardio w/ Carley
5 pm	Les Mills Body Pump w/ Carley
6:30 pm	Barre w/ Adrianna
6:30 pm	Cycle w/ Fred - Registration Required
7:30 pm	Zumba w/ Ivori

Thursday

Group Exercise

5:30 am	Les Mills Body Pump w/ Judi
8:30 am	Les Mills Body Combat w/ Danielle
8:30 am	Cycle w/ Erin - Registration Required
9:30 am	Les Mills Body Pump w/ Lisa
10:30 am	TRX w/ Carley - Registration Required
10:30 am	Les Mills Body Flow w/ Lisa
11:30 am	Mobility& Stretch w/ Carley
12 pm	Zumba Gold w/ Michael
4 pm	Barre w/ Michael
5:15 pm	Cycle w/ Danielle - Registration Required
5:15 pm	Les Mills GRIT Strength w/ Carley
6 pm	Les Mills Body Combat w/ Danielle
7 pm	Hip Hop JAZZ w/ Ally

Friday

Group Exercise

6 am	Power Yoga w/ Olga
6 am	Cycle w/ Guy - Registration Required
8 am	All Levels Yoga w/ Jane
8:45 am	Cycle w/ Melissa - Registration Required
9 am	X-Fit w/ Stacey
9:15 am	Body Shred w/ Melissa
10:15 am	Kick Boxing w/ Stacey - Registration Required
11:15 am	Silver Sneaker Boom w/ KT
12:15 pm	Hatha Yoga for Healthy Aging w/ Mary
5 pm	Les Mills Body Pump w/ Lorraine
6 pm	Les Mills Body Combat Express w/ Lorraine

Saturday

Group Exercise

7:30 am	Cycle w/ Fred
8:30 am	Les Mills Body Attack w/ Brittany
9 am	TRX w/ Liz - Registration Required
9:30 am	Les Mills Body Pump w/ Brittany
10:30 am	Power Yoga w/ Olga

Sunday

Group Exercise

8:30 am	Cycle w/ Mitch - Registration Required
9:15 am	Cardio Barre w/ Stacey
9:45 am	Cycle w/ Mitch - Registration Required
10:15 am	Hatha Yoga w/ Ruth Anne
1 pm	Red Hot Dance w/ Pam

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Adult Aqua Fitness

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Monday

Aqua Fitness

8am Aqua Fit w/ Trina
11am Fibromyalgia/Chronic Pain Level 1 w/ Maria
12pm Neuromuscular Integration Chronic Pain 2 w/ Maria

Tuesday

Aqua Fitness

8:30am Aqua Barre w/ Trina
7:15pm Aqua Interval w/ Alyce

Wednesday

Aqua Fitness

8am Aqua Fit w/ Trina
10am Aqua Interval w/ Alyce
11am Aqua Total Body Fitness w/ Tina
12pm Aqua Zumba w/ Amanda

Thursday

Aqua Fitness

9am Aqua Parkinson w/ Vicki (Must have doctors note)
10am Aqua MS w/ Vicki
12 pm Aqua Zumba w/ Nikki
7:15pm Total Aqua Body Fit w/ Alyce

Friday

Aqua Fitness

9am Aqua Party w/ Trina
11am Aqua Integrative Ai-Chi w/ Maria
12pm Aqua Integrative Ai-Chi w/ Maria

Saturday

Aqua Fitness

12:30pm Aqua Instructors Choice

Sunday

Aqua Fitness

No Classes