



Springfield Family YMCA Group Fitness Spring Schedule 2018

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:50 A Jump Start Cathy 8:30 - 9:20 A Fitness Challenge Rhonda	6:00 - 6:50 A Ride & Shine Stacey 8:30 - 9:20 A Power Up Laura	6:00 - 6:50 A Jump Start Cathy 8:30 - 9:20 A Fitness Challenge Rhonda	8:30 - 9:20 A Power Up Laura	6:00 - 6:50 A Jump Start Cathy 8:30 - 9:20 A Cross Train Plus Rhonda/Andrea	8:30 - 9:20 A Cycle Circuit Stacey	
9:30 - 10:20 A Zumba Melissa 10:30 - 11:20 A Moving with Motive Terry	9:30 - 10:20 A Drums Alive Linda 10:30 - 11:20 A Silver Sneakers (Youth Gym) Terry/Linda	9:30 - 10:20 A Zumba Melissa 10:30 - 11:20 A Zumba Gold Linda	9:30 - 10:20 A Retro-Aerobics Linda 10:30 - 11:20 A Silver Sneakers (Youth Gym) Terry/Linda	9:30 - 10:20 A Yoga Casey 10:30 - 11:20 A Gentle Yoga Casey	9:30 - 11:00 A Super Saturday Julie	
12:15 - 12:45 P Body Shop Nanci 4:30 - 5:20 P Fusion Terry	12:15 - 12:45 P Cycle 30 Samantha 4:30 - 5:20 P Yoga Julie	12:15 - 12:45 P Body Shop Nanci 4:30 - 5:20 P Kettlebells Terry	12:15 - 12:45 P Cycle 30 Samantha 4:30 - 5:20 P Yoga Victoria	11:30 - 12:20 P Line Dancing Cathy R 4:30 - 5:20 P Happy Hour Cycle Melissa/Stacey		1:30 - 2:30 P Fusion Various Teachers
5:30 - 6:20 P Cycle Circuit Stacey	5:30 - 6:20 P Zumba Kellye	5:30 - 6:20 P Cycle Circuit Sarah	5:30 - 6:20 P Zumba Kellye	5:30 - 6:20 P Retro-Fitness Linda		