



Group Exercise Schedule

REVISED May 1, 2021

HOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30a	Open at 1 pm		Body Pump Angie Studio A	Grit Kelly - Studio A (5:30-6:00a)	Body Pump Angie Studio A	Grit Kelly - Studio A (5:30-6:00a)	
6:30-7:30a		Cross Training Kelly Studio A	Yoga Amanda Studio A	Cross Training Kelly Studio A	Yoga Amanda Studio A	Cross Training Kelly Studio A	
8-8:30a		Sprint Lea Anne		Sprint Lea Anne			
8-8:45a			Indoor Cycling Kelly (8:30-9:15a)		Indoor Cycling Kelly (8:30-9:15a)		Indoor Cycling Kelly
9-10a		Yoga Joan Studio C				Yoga Joan Studio C	Yoga Joan Studio C (8:30-9:30a)
9-10a		Aqua Fit Amanda	Body Combat Aubrey Studio A	Aqua Fit Amanda	Body Attack Aubrey Studio A	Aqua Fit Amanda	Body Pump Lea Anne Studio A
9-10a		Body Pump Aubrey Studio A	Dance H2O Melesha	Body Pump Aubrey Studio A	Dance H2O Melesha	Body Pump Aubrey Studio A	
10:15-11:15a		Zumba Angela Studio A	Barre Katie Studio C	HIGH Fitness- Shelby	Barre Katie Studio C	Zumba Crystal Studio A	HIGH Fitness Shelby Studio A
10:30- 11:15a		Silver Sneakers Cardio Fit Amanda GYM D (10:30-11:30)	Silver Sneakers Classic Amanda Studio A	Silver Stix Amanda Studio C	Silver Sneakers Classic Amanda Studio A	Silver Sneakers Cardio Fit Amanda GYM D (10:30-11:30)	
11:30-12:15p		Gentle Yoga Studio A		Gentle Yoga Studio A		Gentle Yoga Studio A	
12:15-1p	Sprint Madison (3:15-3:45p)	Indoor Cycling Kelly	GRIT Kelly Studio A (12:15-12:45p)	Indoor Cycling Kelly	GRIT Kelly Studio A (12:15-12:45p)	Indoor Cycling Kelly	
4:30-5p	Body Pump Colleen Studio A (4:00-5:00p)		GRIT Lea Anne Studio A	Body Pump Lea Anne Studio A (4:30-5:30p)	GRIT Lea Anne Studio A		
5-5:30p	Close at 5 pm		Les Mills CORE Lea Anne Studio A		Les Mills CORE Lea Anne Studio A		
5:30-6:30p			Step Interval Colleen Studio A		Step Interval Colleen Studio A		
6:00-7:00p		Advance Cross Training (AXT) Studio A	SPRINT Lea Anne (5:45-6:15p)	Advance Cross Training (AXT) Studio A	SPRINT Lea Anne (5:45-6:15p)	Advance Cross Training (AXT) Studio A	Closed at 6 pm
6:30-7:30p			Pound April Studio C		Pound April Studio C		
6:45-7:45p			Body Pump Colleen Studio A		Body Pump Colleen Studio A		
7:00-8:00p		MixedFIT - Angela Studio A		Zumba Angela Studio A			

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** Land Classes are in Studio A unless listed somewhere else.