



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE



Effective: January 1 - February 29, 2020
PAT JONES YMCA

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:30-6:30A	BODYCOMBAT Lisa Studio A	BODYPUMP Angie Studio A		GRIT 5:30-6 Kelly Studio A	CXWORKX 6-6:30 Melissa Studio A	BODYPUMP Angie Studio A		GRIT 5:30-6 Kelly Studio A	CXWORKX 6-6:30 Lisa Studio A		
6:30-7:30A	CROSS TRAINING Kelly Studio A	YOGA Amanda Studio C		CROSS TRAINING Kelly Studio A		YOGA Amanda Studio C		CROSS TRAINING Kelly Studio A			
8-9A	SPRINT 8-8:30 Annette	ADVANCED CROSS TRAINING (AXT) LeaAnne Studio A		SPRINT 8-8:30 Annette		ADVANCED CROSS TRAINING (AXT) LeaAnne Studio A		SPIN 8-8:45 Amy		SPIN 8-8:45 Kelly	BODY COMBAT Lisa Studio A
	YOGA Joan Studio C	DEEP WATER AQUA FIT Melesha Main Pool		YOGA Connie Studio C	DEEP WATER AQUA FIT Angela Main Pool	YIN YOGA Joan Studio C		YOGA Connie Studio C	DEEP WATER AQUA FIT Amanda Main Pool		
8:30-9A	CROSS TRAINING Kelly	CXWORKX Annette Studio A		SPIN 8:30-9:15 Kelly	CROSS TRAINING Kelly	SPIN 8:30-9:15 Kelly		CROSS TRAINING Kelly	CXWORKX Studio A Sara		
9-10A	BODY PUMP Aubrey Studio A	SILVER SNEAKERS CARDIOFIT Debbie Studio C	BODYCOMBAT Annette Studio A	TAI CHI Dee Gym A	BODYPUMP Aubrey Studio A	SILVER SNEAKERS CARDIOFIT Amanda Studio C	YOGA Kim Studio C	BODYCOMBAT Studio A Annette	SILVER SNEAKERS CARDIOFIT Melesha Studio C	BODYPUMP LeaAnne Studio A	
	AQUA FIT Melesha Main Pool	AQUA ZUMBA Crystal / Main Pool 9:00-9:45		AQUA FIT Angela Main Pool	AQUA ZUMBA Crystal/Main Pool 9:00-9:45	TAI CHI Dee Gym A		AQUA FIT Crystal Main Pool	BODYPUMP Aubrey Studio A		
9:30-10:30A	ZUMBA Angela Gym D			ALL OUT DANCE Crystal Gym D				ZUMBA Angela Gym D		ZUMBA Varies Studio C	
10:00-11:00A	SILVER SNEAKERS CLASSIC 10:15-11:15 Melesha Studio C	SENIOR AEROBICS 10:15-11:15 Debbie Studio A	SILVER SNEAKERS CLASSIC 10:30-11:15 Melesha Studio C	SILVER SNEAKERS CLASSIC 10:15-11:15 Angela Studio C	SENIOR STEP AEROBICS 10:15-11:15 Debbie Studio A	SILVER SNEAKERS CLASSIC 10:30-11:15 Amanda		SENIOR CLASSIC Melesha Studio C	SENIOR AEROBICS 10:15-11:15 Debbie Studio A		
11A-12P	SILVER SNEAKERS CIRCUIT Angela Studio C 11:15-12:00	PILATES Aubrey Studio A		SILVER SNEAKERS CIRCUIT Angela Studio C 11:15-12:00		PILATES Aubrey Studio A		SILVER SNEAKERS CIRCUIT Angela Studio C 11:15-12:00		ADVANCED CROSS TRAINING (AXT) 10:15-11:15 Laura Studio A	
11:30A-12P	GENTLE YOGA Tiffany Studio A 11:30-12:15			GENTLE YOGA Tiffany Studio A 11:30-12:15		GENTLE YOGA Tiffany Studio A 11:30-12:15		GENTLE YOGA Tiffany Studio A 11:30-12:15		AQUA ZUMBA Angie K 12:00 Pool	
12:15-1P	SPIN Kelly	GRIT 12:15-12:45 Kelly Studio A	SILVER SNEAKERS CLASSIC 12-12:45 Amanda Studio C	SPIN Kelly		GRIT 12:15-12:45 Kelly Studio A	SILVER SNEAKERS CLASSIC 12-12:45 Amanda Studio C	SPIN Kelly		SUNDAY	
4:30-5:30P	BODYPUMP LeaAnne Studio A	GRIT 4:30-5 LeaAnne Studio A	CXWORKX 5-5:30 LeaAnne Studio A	BODYPUMP LeaAnne Studio A	BODYCOMBAT EXPRESS 4:30-5 LeaAnne Studio A	CXWORKX 5-5:30 LeaAnne Studio A				BODYPUMP 4-5 Colleen Studio A	
5:30-6:30P	SPRINT Laura 5:30-6	STEP INTERVAL Colleen Studio A	YOGA Ray Studio C	SPRINT LeaAnne 5:45-6:15	STEP INTERVAL Colleen Studio A	SPRINT 5:30-6 Laura	STRETCH AND FLOW Angie K Studio C				
6-7P	ADVANCED CROSS TRAINING (AXT) Brooke Studio A	KIDFIT Madison Racquetball Court B		ADVANCED CROSS TRAINING (AXT) Brooke Studio A	POUND 6:30-7:30 Tiffany Studio C	SPRINT Laura 6-6:30		ADVANCED CROSS TRAINING (AXT) Brooke Studio A	STRONG BY ZUMBA 6:15-7:15 Angela Studio C		
6:45-7:45p	MIXEDFIT Angela Studio C	BODYPUMP Colleen Studio A		ZUMBA Angela Studio C	BODYPUMP Lisa Studio A						

PAT JONES YMCA
1901 E Republic Rd
Springfield, MO 65804
P 417.881.1599

YMCA Hours of Operation
Mon - Thurs: 5am - 10pm
Fri: 5am - 9pm
Sat: 6am - 7pm
Sun: 12pm - 6pm

Kids' Zone Hours of Operation
Mon - Fri: 8am - 1pm and
4pm - 8pm
Sat: 8am - 1pm

Pool Hours of Operation
Mon - Thurs: 5am - 9pm
Fri: 5am - 7pm
Sat: 6am - 5pm
Sun: 1pm - 5pm



STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss. Great for burning calories and heart health.



CYCLING

Use the power of indoor cycling to move fast, move with resistance and get a great cardiovascular workout.



CARDIO

These cardio classes keep you moving and having fun, while while burning calories and improving cardiovascular function.



MIND/BODY

Reduce chance of injury, increase mobility and improve your posture, which helps you look great, as well as feel good.



MARTIAL ARTS

Learn old traditions in new ways to improve cardiovascular health and tone your body.



CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



ACTIVE OLDER ADULTS

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



AQUA

Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water.



ALL OUT DANCE

Bust a move and tone your body in this FUN upbeat combination class incorporating modern dance movements with anything from squats to ab work all while enjoying today's hottest music!



AQUAFIT

A non-impact fitness class in the water designed to increase strength and flexibility. Some water walking and aerobics is included. This is the perfect workout for individuals just starting a fitness program, working with arthritis or who have few exercise options.



AQUA ZUMBA

Splash your way into shape with an invigorating low-impact aquatic exercise known as the ZUMBA "pool party." The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, AQUA ZUMBA blends it all together into workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.



ADVANCED CROSS TRAINING (AXT)

This class is designed to burn fat! Exercises are performed in a fast paced/high intensity format and many different exercises are utilized. Plyometrics are incorporated to keep the heart rate high and the fat melting. Great for all fitness levels, and all moves can be modified.



BODYCOMBAT

Punch and kick your way to fitness, burn up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.



BODYPUMP

Transform your lifestyle through this proven total body workout class. The patented LES MILLS REP EFFECT will help you reach and surpass 800-1,000 repetitions in a single class. This class is designed to challenge you, whether you're a beginner or fitness pro.



CROSS TRAINING

Instructors will use a variety of methods, including strength training, intervals and cardio to get you moving in a fun, group atmosphere, designed to push your limits and increase your cardiovascular endurance. Every class can be modified to many difference fitness levels.



CXWORX

All the moves in CXWORX have options, so it's challenging, but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.



GRIT

LES MILLS GRIT offers three, alternating 30-minute workout formats that provide the ultimate cross-training platform: GRIT STRENGTH builds strength and lean muscle. GRIT PLYO creates a powerful, agile and athletic body through plyometric movements. GRIT CARDIO burns fat and rapidly improves athletic capability.



GENTLE YOGA

A 45-minute yoga based class focusing on flexibility and balance. A mixture of chair yoga, standing and mat work. Great for beginners or Active Older Adults. Participants must be able to get up and down from the flow.



KIDFIT

Time to get the kids active! If you're looking for a way to channel that energy or spark an interest in a new activity, try our KidFit class. An exciting combination of running, jumping, working out and fun. Energetic instructors get those ages 6-12 years old excited about coming to the Y. Sign up at the Kids Zone.



MIXXEDFIT

A people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp-inspired toning. This format combines music you'd hear at the on the radio or at the club with repetitive, easy-to-follow dance and toning moves. It's a perfect class for group fitness beginners, expert dancers and everyone in between.



PILATES

A form of exercise, developed by Joseph Pilates, which emphasizes balanced development of the body through core strength, flexibility and awareness in order to support efficient graceful movement.



POUND

Our newest class is cardio jam session that is inspired by the functions, energizing, sweat-dripping fun of playing the drums! You won't just listen to incredible music- you'll become the music in this exhilarating, full body workout that combines conditioning and strength training with Yoga and Pilates-inspired movements. All levels welcome and we will provide the sticks.



SENIOR AEROBICS

A low impact aerobics class tailored to those new to exercise. This class is designed to increase balance, coordination, flexibility and strength.



SENIOR CLASSIC

Have fun in this classic senior resistance workout. Various resistance tools are used such as handled tubing, hand-held weights, and a chair is used for support and or seated exercises.



SENIOR STEP AEROBICS

A great introduction to step aerobics! Learn basic step patterns and terminology in this low-impact aerobics class. Our step instructors guide you through simple, easy-to-follow choreography.



SILVER SNEAKERS CARDIOFIT

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.



SILVER SNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.



SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



SPIN

A cardiovascular class that can be suited to all fitness levels. Use resistance, speed play and hill work to get your heart rate up and improve your cardiovascular endurance.



SPRINT

A 30-minute High-Intensity Interval Training workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.



STEP INTERVAL

Step Aerobics is amoderate intensity cardiovascular workouts using an adjustable height platform in the choreography. The emphasis is on having fun while getting fit. Step Interval will alternate between choreography intervals and strength intervals for a full-body workout.



STRONG BY ZUMBA

Combine body weight, muscle conditioning, cardio and plyometric training specifically designed to match every single move. HIIT-like workout. This is NOT a dance class.



TAI CHI

Learn how to strengthen and relax your body, relieve mental stress and physical tension and greatly increase body awareness and balance. Program includes muscle strengthening, flexibility, and fitness. Additional health benefits include: increased relaxation, better balance, and improved posture.



YIN YOGA

Yin Yoga will help increase your range of motion and revitalize over-used joints and connective tissue from overuse or lack of use. Great for everyone!



YOGA

Yoga encourages you to explore the connections between your spirit, mind and body to develop focus, balance, strength and flexibility. Discover inner peace that will take you from distress to de-stress and give you the strength to conquer daily challenges.



ZUMBA®

Que Caliente! Zumba® is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!



ZUMBA TONING

combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.