



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

# SUMMIT BRANCH January Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>\$ YSPIN</b> 5:30 AM Belinda - Main Floor	<b>\$ TRX</b> 5:30 AM Don - Main Floor	<b>\$YSPIN</b> 5:30 AM Amanda-Main Floor	<b>Full Body Strength</b> 5:30 AM Margot- Main Floor	<b>2025</b>	
<b>CARDIO COMBO</b> 8:30 AM Lori <b>VIRTUAL AVAILABLE</b>	<b>\$ YSPIN</b> 8:30 AM Bob - Main Floor	<b>\$ RIDE &amp; RENEW</b> 8:30 AM Teresa		<b>BARRE</b> 8:30 AM Lori <b>VIRTUAL AVAILABLE</b>	<b>\$ BODY PUMP</b> 8:45 AM Jen
<b>\$ BODY PUMP</b> 9:45 AM Michelle	<b>PILATES</b> 9:45 AM Michelle- Spin Room		<b>PILATES</b> 9:45 AM Michelle	<b>\$ YSPIN</b> 8:30 AM Bob - Spin Room	
<b>SENIOR FITNESS</b> 11:00 AM Sherri	<b>\$ YOGA</b> 9:45 AM Teresa- Main Floor	<b>ZUMBA GOLD</b> 11:00 AM Sherri	<b>SILVER SNEAKERS</b> 11:00 AM Michelle	<b>SILVER SNEAKERS</b> 11:00 AM Jeff	<b>ZUMBA</b> 10:00 AM Jen- Main Floor
	<b>SILVER SNEAKERS</b> 11:00 AM Jeff	<b>TURNING POINT STRENGTH</b> 12:15 PM Michelle		<i>Happy New Year</i>	
<b>BARRE</b> 4:30 PM Lori		<b>TOTAL BODY CONDITIONING</b> 4:30 PM Lori			
		<b>\$ TRX</b> 5:30 PM Kelly - Main Floor	<b>ZUMBA</b> 5:30 PM Karah		
<b>NEW</b> <b>\$Functional Spin</b> 5:30 PM Kathy			<b>\$YSPIN</b> 5:30 PM Elaine		

## LOCATIONS

### Downtown Branch

127 W. Wesley St.  
517.782.0537

### Summit Branch

2151 Ferguson Rd.  
JacksonYMCA.org

## PRICING

### YMCA Members

Classes marked with a "\$" are:  
\$8 drop-in ; \$22 monthly

### Community

\$15 drop-in;  
\$98 for 10 classes

## NEW CLASS ALERT

**FUNCTIONAL SPIN WITH KATHY  
5:30 PM SUMMIT- MAIN FLOOR**

This energizing class is designed to increase your cardio, strength & endurance. We will use spin bikes, dumbbells, kettle bells and body weight exercises. Each class will have a different flare!  
Also, All exercises will have a scaled version to fit your fitness journey. You don't want to miss it!