



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN BRANCH September Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join us at Summit for YSPIN 5:30 AM	Join us at Summit for 5:30 am TRX	Join us at Summit for YSPIN 5:30 AM	TRX Don- Southside of Large Gym 5:30 am		
	\$ YSPIN 8:30 AM Bob - Southside of Large Gym			\$ YSPIN 8:30 AM Bob - Southside of Large Gym	
\$ AQUA FIT 10:00 AM Jen S - Large Pool		\$ AQUA FIT 10:00 AM Christine - Large Pool		\$ AQUA FIT 10:00 AM Christine - Large Pool	\$ AQUA FIT 9:00 AM Michelle/Christine - Large Pool
		YSPIN 30 12:30 PM Jen		NEW Begins 9/13 AMPD Build 30 12:30 PM Kyla - Large Gym	AQUA ZUMBA 12:30 PM LaMonica - Large pool
	AQUA ZUMBA 5:15 PM Gayle - Large Pool		AQUA ZUMBA 5:15 PM Gayle - Large Pool		
		ZUMBA 5:30 PM Tracy - Large Gym			SUNDAY

FREE FEATURE CLASSES

MONDAY YSPIN WITH ELAINE
5:30PM SUMMIT

TUESDAY TRX WITH DON
5:30AM SUMMIT

WEDNESDAY STRONG (CARDIO HITT) WITH ROSA
5:30 PM SUMMIT

THURSDAY FULL BODY STRENGTH WITH BELINDA
5:30AM SUMMIT

FRIDAY AMPD 30 (HIIT WORKOUT) WITH KYLA
12:30 PM DOWNTOWN

REBOUNCE WITH SHERYL
10:00 AM SUMMIT

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
All other classes are
INCLUDED

Community

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



SUMMIT BRANCH September Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
\$ YSPIN 5:30 AM Belinda - Main Floor	\$ TRX 5:30 AM Don - Main Floor	\$YSPIN 5:30 AM Amanda-Main Floor	NEW Full Body Strength 5:30 AM Belinda- Main Floor		
CARDIO COMBO 8:30 AM Lori VIRTUAL AVAILABLE	20/20/20 8:30 AM Angie VIRTUAL AVAILABLE	\$ RIDE & RENEW 8:30 AM Teresa	CARDIO BARRE 8:30 AM Allie VIRTUAL AVAILABLE	BARRE 8:30 AM Lori VIRTUAL AVAILABLE	\$ BODY PUMP 8:45 AM Jen
\$ BODY PUMP 9:45 AM Michelle	PILATES 9:45 AM Michelle- Spin Room		PILATES 9:45 AM Michelle		ZUMBA 10:00 AM Jen
SENIOR FITNESS 11:00 AM Sherri	\$ YOGA 9:45 AM Teresa	ZUMBA GOLD 11:00 AM Sherri	SILVER SNEAKERS 11:00 AM Michelle	SILVER SNEAKERS 11:00 AM Jeff	NEW Rebounce 10:00 AM Sheryl
\$ GENTLE YOGA 12:15 PM Michelle D.	SILVER SNEAKERS 11:00 AM Jeff	TURNING POINT STRENGTH 12:15 PM Michelle		FIT AND STEADY 12:15 PM Suzy	
BARRE 4:30 PM Lori		TOTAL BODY CONDITIONING 4:30 PM Lori	ZUMBA 5:30 PM Karah		
\$YSPIN 5:30 PM Elaine	\$ BODY PUMP 5:30 PM Jen				
ZUMBA 5:30 PM Jen		\$ CARDIO HIIT 5:30 PM Rosa			

PARTY FOR A CAUSE

"The Magic of Community!"
at Party for a Cause
Friday, November 8, 2024
5:30PM - 10PM

Commonwealth Commerce Center City View Room

Enjoy the magic of Daniel Martin,
Live Music by Tony Fields & Doug Decker
Program, Dinner, Live & Silent Auctions
Raffle and 50/50

Tickets, tables and sponsorships available
@<https://bit.ly/partyforacause2024>
Tickets - \$48 members, \$65 community