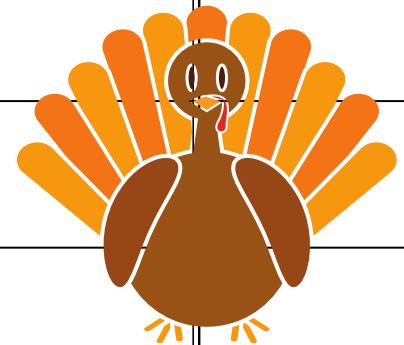




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMIT BRANCH November Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
\$ YSPIN 5:30 AM Belinda - Main Floor	FEATURES \$ TRX 5:30 AM Don - Main Floor	\$ YSPIN 5:30 AM Amanda-Main Floor	FEATURES Full Body Strength 5:30 AM Margot- 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	\$ YSPIN 8:30 AM Bob - Spin Room		PILATES 9:45 AM Michelle	\$ YSPIN 8:30 AM Bob - Spin Room	ZUMBA 10:00 AM Jen
SENIOR FITNESS 11:00 AM Sherri	PILATES 9:45 AM Michelle- Spin Room	ZUMBA GOLD 11:00 AM Sherri	SILVER SNEAKERS 11:00 AM Michelle	SILVER SNEAKERS 11:00 AM Jeff	FEATURES Rebounce 9:00 AM Sheryl- Spin room
	\$ YOGA 9:45 AM Teresa	TURNING POINT STRENGTH 12:15 PM Michelle			
BARRE 4:30 PM Lori	SILVER SNEAKERS 11:00 AM Jeff	TOTAL BODY CONDITIONING 4:30 PM Lori	ZUMBA 5:30 PM Karah		
FEATURES \$ YSPIN 5:30 PM Elaine	\$ BODY PUMP 5:30 PM Jen				
ZUMBA 5:30 PM Jen		FEATURES \$ CARDIO HIIT 5:30 PM Rosa			



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

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