



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Fitness Schedule

Session Dates: September 5th– October 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cardio Strength (55 min.) Alison -Lg. Studio	Cardio Strength (55 min.) Dana- Lg. Studio	\$Cross Body (55 min.) Molly—Sm. Studio	Cardio Strength (55 min.) Dana—Lg. Studio	Step Strength (55 min.) Molly-Lg. Studio	
				\$Kettle-Core Alison—Sm. Studio	\$Yoga (55min) Amy- SMB	
7:00am				\$Barre (45 min.) Molly—SMB		
8:00am	\$ Enhance Fitness (55 min.) Lg. Studio		\$ Enhance Fitness (55 min.) Lg. Studio		\$ Enhance Fitness (55min.) Lg. Studio	
	\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason	
8:30am	Aqua Fit (60 min.) Pool		Aqua Fit (60 min.) Pool		Aqua Fit (60 min.) Pool	
9:00am	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.) Alan	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.) Alan	Cardio Strength (55 min.) Lg. Studio	
	\$Yoga (55 min.) Maja— SMB	Stronger Longer (55 min.) Carolyn— Lg. Studio		Stronger Longer (55 min.) Carolyn— Lg. Studio		Water Aerobics (60 min.) Pool
		\$ PiYO (45) Maja-SMB		\$ Every Body Barre (45 min.) April -SMB		
9:30am	\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason	\$Tai Chi Dan-SMB
9:35am	Aqua Fit (60) Pool		Aqua Fit (60) Pool		Aqua Fit (60) Pool	
10:00am			\$Zumba (55min) Alyjah-SMB	\$Zumba (55 min.) Alyjah- SMB	\$Yoga (55) - SMB	
10:15am		Silver Sneakers (55 min.) Lisa—Lg. Studio		Silver Sneakers (55 min.) Thom—Lg. Studio		
10:30am	\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing		\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing		\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am	\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio	
11:30am		Silver Sneakers Yoga Lisa Large Studio				
12:15pm		\$Kettlebell (45 min.) Katey—Lg. Studio	Bootcamp Jordan	\$KB Bootcamp Katey Small Studio		
12:30pm	\$Group Cycle (30 minutes) Katey					
4:30pm		Muscle Strength (55 min.) April Lg. Studio		Muscle Strength (55 min.) Bo Lg. Studio		
5:30pm	Cardio Strength (45min.)— April Lg. Studio	Deep H2O Aerobics (60 min.) Pool	Cardio Strength (45 min) Jordan Lg. Studio	Deep H2O Aerobics (60 min.) Pool	Shaded Areas indicate when Tot Watch is available Mon-Fri. 8:45a- 11:45a Mon-Thurs. 5-8p Sat. 8:15a-11:15a Kids gym is open Mon-Fri 5-8pm Saturday-8:15-11:15am	
	Turning Pt. Yoga (55 min.) Amy —SMB	Turning Point Fitness (55 min.) Kathy—Lg. Studio		Turning Point Fitness (55 min.) Brenda—Lg. Studio		
		\$Yoga (55 min.) Hyonju—SMB		\$Yoga (55 min.) Hyonju—SMB		
5:45pm				\$Kettlebell Bootcamp Ryan-Small studio		
6:00pm			\$Zumba (55min) Alyjah-SMB			
6:15pm					Bold Classes indicate Free Member Benefit Classes \$ Indicates Fee Based Program (xx)= duration of class in min. SMB = Spirit, Mind, Body Studio Multi = Multi Purpose Room Lg. Studio = Large Studio Sm. Studio = Small Studio Cycle= Cycle Room Punch Cards can be used with any group fitness class.	
6:30pm	\$ Group Cycle Emily			\$ Yogalaties Lisa K sparks SMB		
	Water Aerobics (60 min.) Pool		Water Aerobics (60 min.) Pool			
7:00pm	\$Yoga Flow (55 min.) Maja—SMB	\$Adult Hustle Dance (55 min.) John—SMB				
7:30pm	\$Martial Arts (120 min.) Brandon Lg. Studio					

Now available: Group Cycle, Zumba and Yoga/Pilates Bundle Pricing. Members \$60 Non Members \$150
Schedules available online or at the Welcome Center.

Pricing for classes: Members: \$25, Guest \$70 this excludes the Enhanced Fitness classes

Program Cancellation and Refunds Policy: Operation of all scheduled activities depend on minimum enrollment and are subject to cancellation at any time. If the Y cancels a class you will be given a full refund or credit. If a participant withdrawals from a program prior to the start date a full credit will be applied. Dropping a program after it has started will result in a pro-rated credit applied to your account based on the date of the cancellation. Credit will be kept on your account for 1-year and may be used for programs, or merchandise at the branch where the offered.