



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS FITNESS SCHEDULE

SESSION

Fall 2: Oct. 23rd - Dec. 10th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am		Workouts with Jon (60) Fitness Floor		Workouts with Jon (60) Fitness Floor	
5:45am				Group Cycle (45) Timmy - Studio B	
6:00am	Workouts with Jon (60) Fitness Floor	**Strength Train Together (60) Paige - Studio A	Workouts with Jon (60) Fitness Floor	**Strength Train Together (60) Paige - Studio A	Workouts with Jon (60) Fitness Floor
6:15am		Warrior Workout (45) Kalea - Fitness Floor		Warrior Workout (45) Kalea - Fitness Floor	
6:30am	Suspension Training (45) JT - Fitness Center		Suspension Training (45) JT - Fitness Center		Suspension Training (45) JT - Fitness Center
			Yoga Flow (60) Scott- Studio C		
11:45am					
12:00pm				Build with Bodyweight (60) JT - Fitness Center	
12:10pm	Yoga (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Vinyasa Yoga (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Yoga (50) Meena - Studio C
	**Strength Train Together (60) Tane - Studio A			Group Cycle (50) Steve - Studio B	**Step & Weights (50) Tane Studio A
12:15pm	HIIE (45) Will - Fitness Floor		HIIE (45) Will - Fitness Floor		HIIE (45) Will - Fitness Floor
					Suspension Training (45) JT- Fitness Center
		Suspension Training (45) JT- Fitness Center			
5:00pm	**Awesome Abs (30) Kyle - Studio a		** Awesome Abs (30) Will - Studio A		
5:30pm	Turning Point (60) Brenda - Studio C	Group Cycle (60) Adam - Studio B	**Strength Train Together (60) Will - Studio A	Suspension Training (45) JT- Fitness Center	
	**Strength & Conditioning (60) Kyle - Studio A				
5:45pm	Group Cycle (60) Stephanie - Studio B		Turning Point (60) Kathy - Studio C		
6:00pm	Build with Bodyweight (60) JT - Fitness Center				
6:15pm		HIIE - (45) Alexandra - Fitness Floor		HIIE - (45) Alexandra - Fitness Floor	
7:00pm	Workouts with Will (60) Will - Fitness Center	SPARTAN CIRCUITS (45) Kyle - Studio A	Workouts with Will (60) Will - Fitness Center	SPARTAN CIRCUITS (45) Kyle - Studio A	

**Indicates free classes for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.
DOWNTOWN YMCA WELLNESS CENTER
119 N. Washington Sq. Lansing Michigan, 48933 P 517 827 9640 ymcaoflansing.org



FOR YOUTH DEVELOPMENT®
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WESTSIDE FITNESS SCHEDULE

SESSION

Spring: April 10 - May 28

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am							
5:30am	Group Cycle (45) Joy-Cycle Studio						
5:45am	Extreme Body (60) Jill-Lg. Studio						
6:00am	**Step & Sculpt (45) Bill—Sm. Studio						
7:05am							
7:45am							
8:00am							
8:20am	Muscle Fit (60) Laura—Lg. Studio						
8:30am	Enhance Fit (60) Chris—Sm. Studio						
	**Arthritis Aquatics (60) Lori- Pool						
8:55am							
9:00am							
9:10am							
9:15am							
9:30am	**Step (60) Joy - Lg. Studio						
9:40am	Forever Young (50) John Sm. Studio						
10:00am							
10:30am	**Core (30) Joy - Lg. Studio						
11:00am	Yogalates (60) Bill Sm. Studio						

**Indicates free classes for members
 (xx) Duration of class times in minutes
 Shaded area indicates when tot watch is available
 Tot Watch Hours.

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 branches where offered.