



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS FITNESS SCHEDULE

SESSION Winter 2: March 5 - May 6

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am				Group Cycle (45) Timmy - Studio B		
6:00am	Workouts with Jon (75) Fitness Floor	**Strength Train Together (60) Paige - Studio A	Workouts with Jon (75) Fitness Floor	**Strength Train Together (60) Paige - Studio A	Workouts with Jon (75) Fitness Floor	
6:15am		Warrior Workout (45) Kalea - Fitness Floor		Warrior Workout (45) Kalea - Fitness Floor		
6:30am	Suspension Training (45) Tim/JT - Fitness Center		Suspension Training (45) Tim/JT - Fitness Floor		Suspension Training (45) Tim/JT - Fitness Center	
			Yoga Flow (60) Scott- Studio C			
9:00am						Strength Train Together (60) Lawrence - Studio A
12:00pm				Build with Bodyweight (60) Raschard/JT - Fitness Floor		
12:10pm	Yoga Flow (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Yoga Flow (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Gentle Yoga (50) Meena - Studio C	
			Fusion (45) Megan - Studio A	Group Cycle (50) Steve - Studio B	**G.R.I.T. (45) Kyle Studio A	
				**Core & Tabata (45) Joscelyn - Studio A		
12:15pm		**Express Cardio (30) Ashley - Studio A			Suspension Training (45) Polly/JT- Fitness Center	
		Suspension Training (45) Polly/JT- Fitness Center				
4:30pm	Bootcamp (45) Lawrence - Studio A					
5:15pm			** Awesome Abs (30) Whitney - Studio A			
5:30pm	**Awesome Abs (30) Kyle - Studio A	Group Cycle (60) Adam - Studio B		Suspension Training (45) Polly/JT- Fitness Center		
		**Power Plyometrics (45) Ashley - Studio A				
5:45pm	Group Cycle (60) Stephanie - Studio B		**Strength Train Together (60) Whitney - Studio A	**Strength Train Together (60)Jenna - Studio A		
			Turning Point (60) Brenda - Studio C			
6:00pm	Build with Bodyweight (60) Alexandria/JT - Fitness Center					
	**Strength & Conditioning (45) Kyle - Studio A					
6:15pm		HIIE - (45) Alexandra - Fitness Floor		HIIE - (45) Alexandra - Fitness Floor		
6:45pm	Weights with Kyle (45) Kyle - Fitness Center		Weights with Kyle (45) Kyle - Fitness Center			
7:00pm		SPARTAN CIRCUITS (45) Kyle - Studio A		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

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