



YMCA OF GREATER SPRINGFIELD

YMCA of Greater Springfield
Downtown Y Family Center
Group Exercise Schedule
Effective November 15, 2018

275 Chestnut Street
Springfield, MA 01104
P: 413.739.6951

Schedule subject to change.
Check out springfieldy.org for the most up-to-date schedules and information!

MONDAY	CLASS	LOCATION
5:45 - 6:30AM	Pilates	Buxton
9:00-10:00AM	INSANITY	Studio 2
9:30 - 10:15 AM	AOA Low Impact	Buxton
10:15-11:00 AM	AOA Strength	Buxton
5:15 - 6:00 PM	P90x	Studio 2
5:30-6:15PM	***Zumba Kids***	Buxton
5:30 - 6:15 PM	Y -Cycle	Cycle Room
6:30-7:30 PM	***Zumba Steps®	Buxton
6:30-8:00PM	R&B Line Dance	Studio2

TUESDAY	CLASS	LOCATION
5:45 - 6:45 AM	Y-Cycle	Cycle Room
9:00 -10:00 AM	Zumba ®	Buxton
5:45 - 6:30PM	Y-Cycle	Cycle Room
5:45 - 6:45 PM	Zumba ®	Buxton
6:45 - 7:30 PM	Ripped/Rumble	Studio2

WEDNESDAY	CLASS	LOCATION
6:00-6:45AM	***Zumba®***	Buxton
9:00 -10:00 AM	Zumba®	Studio 2
9:30-10:15AM	AOA Low Impact	Buxton
10:15 - 11:00 AM	AOA Strength	Buxton
5:00-6:00 PM	INSANITY	Studio 2
5:30 -6:30 PM	Yoga	Buxton
5:30 - 6:15PM	Y-Cycle	Cycle Room
6:30 - 7:30 PM	Zumba®	Buxton

THURSDAY	CLASS	LOCATION
5:45 - 6:30AM	***Body Shred***	Buxton
7:00 - 8:00 AM	Yoga	Buxton
5:00 - 5:30PM	***Pound Pro***	Studio2
5:45-6:45 PM	Zumba®	Buxton
6:45-7:30PM	Body Shred	Studio2

FRIDAY	CLASS	LOCATION
9:30 -10:30AM	Pound Pro	Studio2
9:30 - 10:15 AM	AOA Low Impact	Buxton
10:15 - 11:00 AM	AOA Strength	Buxton
5:30 - 6:30 PM	Aqua Zumba	Pool
5:45-6:30PM	***Pilates***	Studio2

SATURDAY	CLASS	LOCATION
7:00 - 8:00 AM	Yoga	Buxton
8:30 - 9:15 AM	Y-Cycle	Cycle Room
8:30 - 9:30 AM	Step & Strength	Buxton

Group Exercise Drop-In Rates:

- 1 Class \$5
- 5 Class Punch Card \$25
- 10 Class Punch Card \$40

Classes are FREE with membership!!!

Child Development Hours

Ages: 2 mos. - 6 yrs.
T-Th 4:30 - 7:30 pm

Kid's Fun Fit Hours

Ages: 7 - 12 yrs.
M-TH
4:30 - 7:30 pm

Hours of Operation

Monday -Friday 5:30 am - 9:00 pm Saturday and Sunday 7:00 am - 4:00 pm