

YMCA of Greater Springfield
Downtown Y Family Center
Group Exercise Schedule
Effective June 1st, 2019

275 Chestnut Street
Springfield, MA 01104

Schedule subject to change.

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

MONDAY	CLASS	LOCATION
6:00-7:00 AM	Pound Pro	Studio 2
9:00-10:00AM	INSANITY	Buxton
9:30 - 10:15 AM	AOA Low Impact	Studio 2
10:15-11:00 AM	AOA Strength	Studio 2
5:15 - 6:00 PM	P90x	Studio 2
6:15-6:45 PM	Y -Cycle	Cycle Room
6:30-7:30 PM	Zumba	Studio 2

TUESDAY	CLASS	LOCATION
9:00 -10:00 AM	Zumba ®	Studio 2
5:45 - 6:30PM	Y-Cycle	Cycle Room
5:45 - 6:40 PM	Zumba ®	Studio 2
6:45 - 7:30 PM	***Core de Force***	Studio 2

WEDNESDAY	CLASS	LOCATION
6:00-6:45AM	Zumba® Gold	Studio 2
9:00 -10:00 AM	Zumba®	Buxton
9:30-10:15AM	AOA Low Impact	Studio 2
10:15 - 11:00 AM	AOA Strength	Studio 2
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®	Studio 2

THURSDAY	CLASS	LOCATION
5:45 - 6:30AM	Body Shred	Studio 2
7:00 - 8:00 AM	Yoga	Studio 2
5:00 - 5:30PM	Pound Pro	Studio 2
5:45-6:40 PM	Zumba®	Studio 2
6:45-7:30PM	Core de Force	Studio 2

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

SATURDAY	CLASS	LOCATION
8:30 - 9:15 AM	Y-Cycle	Cycle Room
8:30 - 9:30 AM	Step & Strength	Studio 2
9:45-10:45 AM	Yoga	Studio 2

Group Exercise Drop-In Rates:

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

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