



Group Exercise Schedule

YMCA of Southwest Illinois

CMT Branch

#1 Town Center Maryville, IL 62062

618-346-5600 www.ymcaswil.org

Fall I (September 7th - October 25th)

AM CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	 Y Cycling 5:45-6:30	Run Club 5:30 - 6:30	PowerPump 5:45-6:30	Run Club 5:30 - 6:30	Mind/Body Fusion 5:45-6:30	
	 Y Cycling 8:00-8:45		 Yoga 8:00 - 9:00		 Yoga 8:00 - 9:00	
	PowerPump 9:00 - 10:00	 TurboKick 9:00 - 10:00	 Hip Hop Hustle 9:00 - 10:00	 Zumba 9:00-10:00	 Hip Hop Hustle 9:00 - 10:00	 TurboKick 9:00-10:00
	 Yoga 10:00-11:00	SilverSneakers 10:05-10:50	Powerpump 10:05 - 11:05	SilverSneakers 10:05-10:50		PowerPump 10:05-11:05

PM CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	 Zumba 5:30-6:25	 Y Cycling 4:30-5:15		 Star Cycling 4:30-5:15		
	Run Club 5:30 - 6:30	PowerPump 5:30-6:30	 Zumba 5:30-6:25	PowerPump 5:30-6:30	 Y Cycling 5:45-6:30	
	 Boot Camp 7:00-8:00(Gym)	 Y Cycling 7:40-7:25	 Boot Camp 7:00-8:00	 Y Cycling 7:00-7:25		
	 Hip Hop Hustle 7:30-7:30					

All classes marked with the smiley face are teen/tween friendly (10 yrs +). Adult must be present with youth while participating. Youth will be asked to leave by the class instructor if he/she is disruptive to the class.

Class attendance policy: There must be at least 2 participants present and ready to participate by 15 minutes past the designated class start time for the class to run. If there are 0-1 participants ready to participate in class by 15 minutes past the designated start time, that class will be cancelled for the day and will resume as scheduled the following week unless otherwise noted on the schedule.

YMCA Mission: To put Christian Principles into practice through programs that build healthy spirit, mind, and body for all.