

INDOOR & OUTDOOR GROUP FITNESS SCHEDULE

Edwardsville YMCA • October 19TH – December 20TH • MEMBERS ONLY



Fall 2's 8 Week Session Classes Begin October 19TH (No Classes Nov. 23RD – 29TH)

YOU MUST REGISTER ONLINE FOR ALL CLASSES!

MUST REGISTER FOR "DROP-IN" CLASSES (WHITE BOXES) WEEKLY ONLINE STARTING

MEMBERS: MONDAY THE WEEK PRIOR AT 6:00AM • NON-MEMBERS: MONDAYS WEEK OF CLASS AT 6:00AM

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS \$9 • SPINNING: FPM \$5 • BM \$7 • NM \$9

Blue boxes are session classes that you must pre-register for the 8 week sessions.

Yellow boxes have in-person & Zoom (Register Online: In-Person/Class M \$7 • NM \$14 | Zoom 8 Week Session M \$40 • NM \$80)

NOTE: If you need to withdraw from class, you must call 656-0436 or email cancelclass@edwymca.com at least 2 hours prior to class.

Niebur Center • Inside Downstairs Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STEP & SCULPT 5:45 - 6:45am CINDY ZURLIENE		STEP & SCULPT 5:45 - 6:45am CINDY ZURLIENE		
TAI CHI 7:00 - 7:55am TOM ENGLERT		TAI CHI 7:00 - 7:55am TOM ENGLERT		TAI CHI 7:00 - 7:55am TOM ENGLERT	
DANCE FITNESS 8:15 - 9:10am MELODY SEVER	YOGA 8:30 - 9:25am RUTH KUBICEK	PILOXING 8:15 - 9:10am AMY NESBIT	YOGA 8:30 - 9:25am RUTH KUBICEK	STEP & SCULPT 8:15 - 9:10am ALICIA ALEXANDER (RECORD CLASS LIVE)	BOOT CAMP 7:45 - 8:40am (Move Inside GF TBD)
BOOT CAMP 9:30 - 10:25am AMY NESBIT (RECORD CLASS LIVE)	WALK 15 9:45 - 10:40am KATE ZABOTKA	TURBO 9:30 - 10:25am NICOLE SCHAPMAN	WALK 15 9:45 - 10:40am KATE ZABOTKA	BOOT CAMP 9:30 - 10:25am NICOLE SCHAPMAN	BOOT CAMP 9:00 - 9:55am (Move Inside GF TBD)
ZUMBA 10:45 - 11:40am LAURA GILOMEN	YOGA 11:00 - 11:55am CATHERINE JACKSON	ZUMBA 10:45 - 11:40am LAURA GILOMEN	YOGA 11:00 - 11:55am CATHERINE JACKSON	ZUMBA 10:45 - 11:40am LAURA GILOMEN	
	LUNCHTIME EXPRESS 12:10 - 12:55am LARA COLLMANN (RECORD CLASS LIVE)		LUNCHTIME EXPRESS 12:10 - 12:55am LARA COLLMANN		
TABATA & ABS 4:30 - 5:25pm LARA COLLMANN (RECORD CLASS LIVE)	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN	TABATA & ABS 4:30 - 5:25pm LARA COLLMANN	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN		
ZUMBA 6:00 - 6:55pm JULIE FLEMING	BOOT CAMP 6:00 - 6:55pm LACEY LUITJOHAN (Move Inside GF TBD)	HIIT 5:45 - 6:40pm LARA COLLMANN	BOOT CAMP 6:00 - 6:55pm EMILY SMITH (Move Inside GF TBD)		
YOGA 7:15 - 8:10pm CATHERINE JACKSON	GENTLE YOGA 7:15 - 8:10pm SHERIE O'BRIEN	RESTORATIVE YOGA 7:15 - 8:10pm SHERIE O'BRIEN	YOGA - ZOOM ONLY 7:00 - 8:00pm STACEY STUFFLEBEAM		

Niebur Center • Outside Back Parking Lot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP 5:30 - 6:00am ANN MCLEAN (Move Inside GF TBD)		BOOT CAMP 5:30 - 6:00am ANN MCLEAN (Move Inside GF TBD)		BOOT CAMP 5:30 - 6:00am JOE KOVARIK (Move Inside GF TBD)	BOOT CAMP 7:45 - 8:40am BETH A, LACEY L, JENNY G (Side Parking Lot)
					ZUMBA 8:00 - 8:55am ALICIA GIHRING (Cancels Once Too Cold)
BOOT CAMP 5:30 - 6:25pm BETH ALLEN (Move Inside Gym TBD)	BOOT CAMP 6:00 - 6:55pm LACEY LUITJOHAN (Move Inside GF TBD)	ZUMBA 5:30 - 6:25pm ALICIA GIHRING (Now) JULIE FLEMING (Move Inside Gym TBD)	BOOT CAMP 6:00 - 6:55pm EMILY SMITH (Move Inside GF TBD)		BOOT CAMP 9:00 - 9:55am BETH A, LACEY L, JENNY G (Side Parking Lot)

Niebur Center • Outside Front Parking Lot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAX FIT 5:30 - 6:25am LAILA GAGNON (Gym TBD)	SPINNING 6:30 - 7:15am LAUREN WAYMIRE (Gym TBD)	MAX FIT 5:30 - 6:25am LAILA GAGNON (Gym TBD)			
SPINNING 8:00 - 8:45am ANN MCLEAN (Gym TBD)		SPINNING 8:00 - 8:45am ANN MCLEAN (Gym TBD)		SPINNING 8:00 - 8:55am ANN MCLEAN (Gym TBD)	
	SPINNING 9:30 - 10:15am ANN MCLEAN (Spin Studio TBD)		SPINNING 9:30 - 10:15am ANN MCLEAN (Spin Studio TBD)		SPINNING 9:00 - 9:45am TBD (Spin Studio)
SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN (Gym TBD)		SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN (Gym TBD)			
SPINNING 6:00 - 6:45pm LIZZY STEINMAN (Gym TBD)	SPINNING 6:00 - 6:45pm MONICA SNOOK (Gym TBD)		SPINNING 6:00 - 6:45pm MONICA SNOOK (Gym TBD)		
					SUNDAY WORSHIP RIDE 10:00 - 10:45am MONICA SNOOK (1 ST OF THE MONTH) (Gym TBD)

Updated: 10/19/20

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Niebur Center • Upstairs Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCULPT 7:00 - 7:55am LARA COLLMANN		SCULPT 7:00 - 7:55am LARA COLLMANN		SCULPT 7:00 - 7:55am LARA COLLMANN	CIRCUIT AM 7:30 - 8:25am CINDY ZURLIENE
	PILOXING KNOCKOUT 8:45 - 9:15am AMY NESBIT		HIIT 8:15 - 9:10am WENDY JOHNSON		
TOTAL BODY TONING 9:30 - 10:25am JENNY GRASSO	YOGA HIIT 9:30 - 10:25am AMY NESBIT	BARRE 10:00 - 10:55am MARY TEBBE	BUTI YOGA 9:30 - 10:25am AMY NESBIT	PILOXING BARRE 9:30 - 10:25am AMY NESBIT	
			CHAIR YOGA 1:00 - 1:55pm JULIE HAMILTON		
BAREFOOT FUSION 5:00 - 5:55pm KATE ZABOTKA	PILOXING KNOCKOUT 5:00 - 5:30pm WENDY JOHNSON	BAREFOOT FUSION 5:00 - 5:55pm KATE ZABOTKA	PILOXING KNOCKOUT 5:00 - 5:30pm WENDY JOHNSON		
YOUTH YOGA 6:30 - 7:15pm BETH ALLEN	BARRE 6:30 - 7:25pm MARY TEBBE				

Niebur Center • Gymnasium/Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BOOT CAMP 5:30 - 6:00am PATTY WOOF		BOOT CAMP 5:30 - 6:00am PATTY WOOF	
WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN	SILVERSNEAKERS 8:30 - 9:20am LARA COLLMANN (LIVE & ZOOM)	WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN	SILVERSNEAKERS 8:30 - 9:20am LARA COLLMANN (LIVE & ZOOM)	WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN
	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN		WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN	

Meyer Center • Gymnasium/Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)		SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)		SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)
CIRCUIT AM 9:30 - 10:25am MARY TEBBE (LIVE & ZOOM)	WOMEN'S WEIGHT TRAINING 9:30 - 10:25am ABBY BESSERMAN		WOMEN'S WEIGHT TRAINING 9:30 - 10:25am ABBY BESSERMAN	CIRCUIT AM 9:30 - 10:25am MARY TEBBE (LIVE & ZOOM)

REGISTER ONLINE MONTHLY FOR PASS • FULL PRIVILEGE FREE • BASIC MEMBERS \$10

Virtual Fitness Pass • Emailed Monday - Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOT CAMP AMY NESBIT	TOTAL BODY TONING NICOLE SCHAPMAN	SURPRISE WEDNESDAY WORKOUT AMY NESBIT	LUNCHTIME EXPRESS LARA COLLMANN	HIIT WENDY JOHNSON
EXPRESS FITNESS MARY TEBBE	CHAIR YOGA JULIE HAMILTON OR CIRCUIT AM MARY TEBBE	SENIOR FITNESS MARY TEBBE	TABATA & ABS LARA COLLMANN	STEP & SCULPT ALICIA ALEXANDER