

# INDOOR & OUTDOOR GROUP FITNESS SCHEDULE

Edwardsville YMCA • August 17<sup>TH</sup> – October 18<sup>TH</sup> • MEMBERS ONLY  
4 Week Session Classes Begin August 24<sup>TH</sup> & September 21<sup>ST</sup>



**YOU MUST REGISTER ONLINE FOR ALL CLASSES!**

**MUST REGISTER FOR "DROP-IN" CLASSES (WHITE BOXES) WEEKLY ONLINE STARTING ON MONDAYS AT 6:00AM**  
**FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • SPINNING: FULL PRIVILEGE \$5 • BASIC \$7**

Blue boxes are session classes that you must pre-register for the 4 week sessions.

Yellow boxes have in-person & Zoom (Register Online: Members \$7/class In-Person • Zoom 4 Week Session \$20)

NOTE: If you need to withdraw from a class, you must call 656-0436 at least two hours prior to the class.

## Niebur Center • Inside Downstairs Group Fitness Studio

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

## Niebur Center • Outside Back Parking Lot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 5:30 - 6:00am ANN MCLEAN		<b>BOOT CAMP</b> 5:30 - 6:00am ANN MCLEAN		<b>BOOT CAMP</b> 5:30 - 6:00am JOE KOVARIK	<b>ZUMBA</b> 8:00 - 8:55am ALICIA GIHRING
<b>BOOT CAMP</b> 5:30 - 6:25pm BETH ALLEN	<b>BOOT CAMP</b> 6:00 - 6:55pm LACEY LUITJOHAN	<b>ZUMBA</b> 5:30 - 6:25pm ALICIA GIHRING	<b>BOOT CAMP</b> 6:00 - 6:55pm EMILY SMITH		

## Niebur Center • Outside Front Parking Lot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAX FIT</b> 5:30 - 6:25am LAILA GAGNON	<b>SPINNING</b> 6:00 - 6:45am LAUREN WAYMIRE	<b>MAX FIT</b> 5:30 - 6:25am LAILA GAGNON			
<b>SPINNING</b> 8:00 - 8:45am ANN MCLEAN		<b>SPINNING</b> 8:00 - 8:45am ANN MCLEAN		<b>SPINNING</b> 8:00 - 8:55am ANN MCLEAN	
	<b>SPINNING</b> 9:30 - 10:15am ANN MCLEAN		<b>SPINNING</b> 9:30 - 10:15am ANN MCLEAN		
					<b>SUNDAY</b>
<b>SPINNING</b> 6:00 - 6:45pm LIZZY STEINMAN	<b>SPINNING</b> 6:00 - 6:45pm MONICA SNOOK		<b>SPINNING</b> 6:00 - 6:45pm MONICA SNOOK		<b>WORSHIP RIDE</b> 10:00 - 10:45am MONICA SNOOK (1 <sup>ST</sup> OF THE MONTH)

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**FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2**

Blue boxes are session classes that you must pre-register for the 4 week sessions.

Yellow boxes have in-person & Zoom (Register Online: Members In-Person \$7/class • Zoom 4 Week Session \$20)

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

Niebur Center • Upstairs Group Fitness Studio					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SCULPT</b> 7:00 - 7:55am LARA COLLMANN		<b>SCULPT</b> 7:00 - 7:55am LARA COLLMANN		<b>SCULPT</b> 7:00 - 7:55am LARA COLLMANN	<b>CIRCUIT AM</b> 7:30 - 8:25am CINDY ZURLIENE
	<b>PILOXING KNOCKOUT</b> 8:45 - 9:15am AMY NESBIT		<b>HIIT</b> 8:15 - 9:10am LIZ DARNELL		
<b>TOTAL BODY TONING</b> 9:30 - 10:25am JENNY GRASSO	<b>YOGA HIIT</b> 9:30 - 10:25am AMY NESBIT		<b>BUTI YOGA</b> 9:30 - 10:25am AMY NESBIT	<b>PILOXING BARRE</b> 9:30 - 10:25am AMY NESBIT	
	<b>YOGA</b> 10:45 - 11:40am CATHERINE JACKSON	<b>BARRE</b> 10:00 - 10:55am MARY TEBBE	<b>YOGA</b> 10:45 - 11:40am CATHERINE JACKSON		
			<b>CHAIR YOGA</b> 1:00 - 1:55pm JULIE HAMILTON	<b>ZOOM ONLY CLASSES</b>	
<b>BAREFOOT FUSION</b> 5:00 - 5:30pm KATE ZABOTKA	<b>PILOXING KNOCKOUT</b> 5:00 - 5:30pm WENDY JOHNSON	<b>BAREFOOT FUSION</b> 5:00 - 5:30pm KATE ZABOTKA	<b>PILOXING KNOCKOUT</b> 5:00 - 5:30pm WENDY JOHNSON	<b>YOGA</b> MONDAY 10:30 - 11:25am STACEY STUFFLEBEAM	<b>YOGA</b> THURSDAY 7:00 - 7:55pm STACEY STUFFLEBEAM
<b>YOUTH YOGA</b> 6:30 - 7:15pm BETH ALLEN	<b>BARRE</b> 6:30 - 7:25pm MARY TEBBE				

Niebur Center • Gymnasium/Fitness Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am LARA COLLMANN	<b>SILVERSNEAKERS</b> 8:30 - 9:20am LARA COLLMANN (LIVE & ZOOM)	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am LARA COLLMANN	<b>SILVERSNEAKERS</b> 8:30 - 9:20am LARA COLLMANN (LIVE & ZOOM)	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am LARA COLLMANN
			<b>WOMEN'S WEIGHT TRAINING</b> 5:00 - 5:55pm LARA COLLMANN	

Meyer Center • Gymnasium/Fitness Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SILVERSNEAKERS</b> 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)		<b>SILVERSNEAKERS</b> 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)	<b>ZUMBA</b> 8:00 - 8:55AM LESA BOYKIN	<b>SILVERSNEAKERS</b> 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)

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

Virtual Fitness Pass • Emailed Monday - Friday				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BOOT CAMP</b> AMY NESBIT	<b>TOTAL BODY TONING</b> NICOLE SCHAPMAN	<b>SURPRISE WEDNESDAY WORKOUT</b> AMY NESBIT	<b>LUNCHTIME EXPRESS</b> LARA COLLMANN	<b>HIIT</b> WENDY JOHNSON
<b>EXPRESS FITNESS</b> MARY TEBBE	<b>CHAIR YOGA</b> JULIE HAMILTON	<b>SENIOR FITNESS</b> MARY TEBBE	<b>TABATA &amp; ABS</b> LARA COLLMANN	<b>STEP &amp; SCULPT</b> ALICIA ALEXANDER