

INDOOR & OUTDOOR GROUP FITNESS SCHEDULE

Edwardsville YMCA • June 29TH – August 2ND • MEMBERS ONLY



YOU MUST REGISTER ONLINE FOR ALL CLASSES!

Sign up for both your drop-in classes & virtual fitness pass every week, starting on Thursdays at 6:00am on our website.

Niebur Center • Inside Downstairs Group Fitness Studio					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP & SCULPT 5:45 - 6:50am CINDY ZURLIENE	BOOT CAMP 5:30 - 6:00am PATTY WOOF	STEP & SCULPT 5:45 - 6:50am CINDY ZURLIENE	BOOT CAMP 5:30 - 6:00am PATTY WOOF	BOOT CAMP 5:30 - 6:00am JOE KOVARIK	YMCA CLOSED ON JULY 4TH
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	ZUMBA 8:30 - 9:25am JULIE FLEMING	DANCE FITNESS 8:15 - 9:10am MELODY SEVER	ZUMBA 8:30 - 9:25am JULIE FLEMING	STEP & SCULPT 8:30 - 9:25am ALICIA ALEXANDER	BOOT CAMP 7:45 - 8:40am BETH ALLEN, LACEY LUITJOHAN, OR LIZ DARNELL
BOOT CAMP 9:30 - 10:25am AMY NESBIT (RECORD CLASS LIVE)	TOTAL BODY TINGING 9:45 - 10:40am JENNY GRASSO	TURBO 9:30 - 10:25am NICOLE SCHAPMAN	HIIT 9:45 - 10:40am LIZ DARNELL	BOOT CAMP 9:30 - 10:25am NICOLE SCHAPMAN	BOOT CAMP 9:00 - 9:55am BETH ALLEN, LACEY LUITJOHAN, OR LIZ DARNELL
ZUMBA 10:45 - 11:40am JANET SCHELLER		ZUMBA 10:45 - 11:40am JANET SCHELLER		ZUMBA 10:45 - 11:40am LAURA GILOMEN	ZUMBA 10:15 - 11:10am ALICIA GIHRING
	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	YOU MUST REGISTER ONLINE FOR ALL CLASSES! White Boxes Full Privilege: Free • Basic \$2 5 Week Sessions Begin July 6 TH WWT: Members \$50	
ZUMBA 6:00 - 6:55pm JULIE FLEMING		ZUMBA 6:00 - 6:55pm ALICIA GIHRING	BOOT CAMP 6:00 - 6:55pm EMILY SMITH		

Niebur Center • Outside Back Parking Lot					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP 5:30 - 6:00am ANN MCLEAN		BOOT CAMP 5:30 - 6:00am ANN MCLEAN		YOU MUST REGISTER ONLINE FOR ALL CLASSES! Full Privilege: Free • Basic \$2	
BOOT CAMP 5:30 - 6:25pm BETH ALLEN	BOOT CAMP 6:00 - 6:55pm LACEY LUITJOHAN	HIIT 5:30 - 6:25pm LARA COLLMANN			

Niebur Center • Outside Front Parking Lot					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 6:00 - 6:45am LAUREN WAYMIRE					YMCA CLOSED ON JULY 4TH
MAX FIT 7:00 - 7:45am LAILA GAGNON		MAX FIT 7:00 - 7:45am LAILA GAGNON			
SPINNING 8:00 - 8:45am ANN MCLEAN		SPINNING 8:00 - 8:45am ANN MCLEAN		SPINNING 8:00 - 8:55am ANN MCLEAN	SPINNING 8:00 - 8:55am TBD
	SPINNING 9:30 - 10:15am ANN MCLEAN		SPINNING 9:30 - 10:15am ANN MCLEAN	SPINNING 9:30 - 10:15am LIZ DARNELL	
SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN		SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN		YOU MUST REGISTER ONLINE FOR ALL CLASSES! Max: 5 Weeks Starts July 6 TH • Members \$80 Spinning: Full Privilege \$5 • Basic \$7	
	SPINNING 6:00 - 6:45pm MONICA SNOOK		SPINNING 6:00 - 6:45pm MONICA SNOOK		

Meyer Center • Outside Far Right Parking Lot/Grass (Blue Awning)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	YOU MUST REGISTER ONLINE FOR ALL CLASSES! Full Privilege: Free Basic \$2	
	ZUMBA 9:00 - 9:55am LESA BOYKIN		ZUMBA 9:00 - 9:55am LESA BOYKIN		

Updated: 7/6/20

INDOOR & ONLINE GROUP FITNESS SCHEDULE

Edwardsville YMCA • June 29TH – August 2ND • MEMBERS ONLY



Niebur Center • Upstairs Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PILOXING KNOCKOUT 8:15 - 8:45am AMY NESBIT				CIRCUIT AM 7:30 - 8:25am CINDY ZURLIENE
PILOXING BARRE 9:00 - 9:55am ALICIA ALEXANDER	IRON YOGA 9:00 - 9:55am AMY NESBIT		BUTI YOGA 9:00 - 9:55am AMY NESBIT	PILOXING BARRE 9:00 - 9:55am AMY NESBIT	BARRE 9:00 - 9:55am MARY TEBBE
	ABS 10:30 - 11:00am ANN MCLEAN	BARRE 10:00 - 10:55am MARY TEBBE	ABS 10:30 - 11:00am ANN MCLEAN		TEEN CONDITIONING 10:15 - 11:10pm NICOLE SCHAPMAN
	PILOXING KNOCKOUT 5:00 - 5:30pm WENDY JOHNSON		PILOXING KNOCKOUT 5:00 - 5:30pm WENDY JOHNSON	YOU MUST REGISTER ONLINE FOR ALL CLASSES! Piloxing Knockout & Abs: FP Mem: Free • Basic \$2 Pink & Yellow* Boxes: 5 Week Session July 6 TH Members \$25 *Yellow Boxes Are Live & Virtual Zoom	
	BARRE 6:30 - 7:25pm MARY TEBBE	GENTLE YOGA 5:30 - 6:25pm NANCY MIGLIOZZI			

Niebur Center • Gymnasium Or Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)	WALK 15 9:00 - 9:55am KATE ZABOTKA	SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)	WALK 15 9:00 - 9:55am KATE ZABOTKA	SILVERSNEAKERS 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)
WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN & DARLENE JACKSON		WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN & DARLENE JACKSON		WOMEN'S WEIGHT TRAINING 9:30 - 10:25am LARA COLLMANN & DARLENE JACKSON
TEEN CONDITIONING 9:30 - 10:25am NICOLE SCHAPMAN	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN		WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm LARA COLLMANN	

YOU MUST REGISTER ONLINE FOR ALL CLASSES!

Silver & Walk 15:
FP Mem: Free
Basic \$2

5 Week Session
Starts July 6TH
WWT: Members \$50
Teen: Members \$25

Meyer Center • Upstairs Bonus Room Or Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	WOMEN'S WEIGHT TRAINING 9:30 - 10:25am DARLENE JACKSON		WOMEN'S WEIGHT TRAINING 9:30 - 10:25am DARLENE JACKSON	MARTIAL ARTS BOOT CAMP 8:30 - 9:25am BRENDAN NEAL (Off July 4 TH & 25 TH)
TAE KWON DO 6:00 - 6:55pm BRENDAN NEAL	TOTAL TRAINING 360 5:30 - 6:45pm TYLER OHNESORGE	TAE KWON DO 6:00 - 6:55pm BRENDAN NEAL (Off July 22 ND)	TOTAL TRAINING 360 5:30 - 6:45pm TYLER OHNESORGE	YOU MUST REGISTER ONLINE FOR ALL CLASSES! Session Starts July 6 TH WWT: Members \$50 TT360: Members \$70 TKD & MABC: Mon \$30 • Wed/Sat \$24

Virtual • Online Zoom Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	YOGA 8:30 - 9:25am RUTH KUBICEK		YOGA 8:30 - 9:25am RUTH KUBICEK
	ACTIVE OLDER ADULTS ZOOM 9:30 - 10:25am MARY TEBBE Click Here For Link		ACTIVE OLDER ADULTS ZOOM 9:30 - 10:25am MARY TEBBE Click Here For Link
YOGA 10:30 - 11:25am STACEY STUFFLEBEAM	YOGA 10:30 - 11:25am CATHERINE JACKSON (Out Thru July 17 TH)		YOGA 10:30 - 11:25am CATHERINE JACKSON (Out Thru July 17 TH)
YOGA 7:00 - 7:55pm CATHERINE JACKSON (Out Thru July 17 TH)			YOGA 7:00 - 7:55pm STACEY STUFFLEBEAM

ZOOM Online
5 Week Sessions
Starts July 6TH

YOU MUST REGISTER FOR THESE CLASSES ONLINE

Members \$25

*See Barre Classes On Upstairs Room Chart

Free Virtual Fitness Pass • Emailed Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOT CAMP AMY NESBIT EXPRESS FITNESS MARY TEBBE	TOTAL BODY TONING NICOLE SCHAPMAN CHAIR YOGA JULIE HAMILTON	SURPRISE WED WORKOUT AMY NESBIT SENIOR FITNESS MARY TEBBE	LUNCHTIME EXPRESS LARA COLLMANN TABATA & ABS LARA COLLMANN	HIIT LIZ DARNELL

YOU MUST REGISTER ONLINE FOR VIRTUAL FITNESS PASS!