

GROUP FITNESS SCHEDULE

Edwardsville YMCA • March 4TH – May 26TH



5 Week Session Classes: Winter 2 • March 11TH – April 14TH • Spring • April 22ND – May 26TH
 (No Teal Box Classes April 15TH – 21ST)

YOU MUST REGISTER ONLINE FOR SPIN & SESSION CLASSES!

MISSION MEMBERS: FREE • PART OF THE CAUSE/BASIC MEMBERS: \$5 • NON-MEMBERS \$15

Mission Members Can Drop-In To The Classes In White Boxes Without Registering, But Must Sign Up For Barre & Spin Classes That Are In Pink.
 Part Of The Cause/Basic Members & Non-Members Must Register & Pay Online Or At The Desk For All Classes!

Online Registration Starts At 6:00am 2 Weeks/A Month Prior To Classes In White • All Must Register For 5 Week Sessions In Teal Boxes (Add. Cost)

NOTE: If you need to withdraw from class, you must call 656-0436 at least 2 hours prior to class.

Niebur Center • Inside Downstairs Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP 5:30 – 5:55am ANN MCLEAN	BOOT CAMP 5:30 – 5:55am JENNY GRASSO	BOOT CAMP 5:30 – 5:55am ANN MCLEAN	BOOT CAMP 5:30 – 5:55am JENNY GRASSO	BOOT CAMP 5:30 – 6:00am JOE KOVARIK	
TAI CHI 7:00 – 7:55am RENEE SECREST		TAI CHI 7:00 – 7:55am RENEE SECREST		TAI CHI 7:00 – 7:55am RENEE SECREST	BOOT CAMP 7:30 – 8:25am BETH A, LACEY L, KAREN BARKER
BOOT CAMP 8:30 – 9:15am AMY NESBIT	YOGA 8:30 – 9:25am RUTH KUBICEK (YOUTUBE AVAILABLE)	DANCE FITNESS 8:30 – 9:25am MELODY SEVER	YOGA 8:30 – 9:25am RUTH KUBICEK (YOUTUBE AVAILABLE)	STEP & SCULPT 8:15 – 9:10am ALICIA ALEXANDER	TURBO 8:30 – 9:25am NICOLE SCHAPMAN
TOTAL BODY TONING 9:30 – 10:25am JENNY GRASSO	WALK 15 9:30 – 10:25am KATE ZABOTKA	TURBO 9:30 – 10:25am NICOLE SCHAPMAN	WALK 15 9:30 – 10:25am KATE ZABOTKA	BOOT CAMP 9:30 – 10:25am NICOLE SCHAPMAN	ZUMBA 9:30 – 10:25am ALICIA GIHRING
CARDIO DANCE & SCULPT 10:30 – 11:25am ALICIA ALEXANDER	YOGA 10:30 – 11:25am CATHERINE JACKSON	CARDIO DANCE 10:30 – 11:25am LAURA GILOMEN	YOGA 10:30 – 11:25am CATHERINE JACKSON	WALK 15 CARDIO 10:30 – 11:25am KATE ZABOTKA	YOGA 10:30 – 11:25am RUTH KUBICEK
BAREFOOT FUSION 11:30am – 12:25pm KATE ZABOTKA	LUNCHTIME EXPRESS 12:10 – 12:50am LARA COLLMANN	BAREFOOT FUSION 11:30am – 12:25pm KATE ZABOTKA	LUNCHTIME EXPRESS 12:10 – 12:50am LARA COLLMANN		
TOTAL BODY TONING 4:30 – 5:25pm LARA COLLMANN	WOMEN'S WEIGHT TRAINING 5:00 – 5:55pm KAELA GUGLIELMO	PUMPED UP STRENGTH 4:30 – 5:25pm TIFFANY DIAL	WOMEN'S WEIGHT TRAINING 5:00 – 5:55pm WENDY JOHNSON		
BOOT CAMP 5:30 – 6:25pm BETH ALLEN	BOOT CAMP 6:00 – 6:55pm LACEY LUITJOHAN	FLEXIBILITY & STRENGTH 5:30 – 6:25pm KAREN BARKER	BOOT CAMP 6:00 – 6:55pm BETH ALLEN	NEW! CARDIO DANCE & SCULPT Dance your way to fitness! This dance-based cardio class incorporates a wide variety of low-impact and high intensity aerobic dance moves to a variety of high-energy beats. It's like a dance party!	
ZUMBA 6:30 – 7:25pm JULIE FLEMING	HATHA YOGA FOUNDATIONS 7:00 – 7:55pm DANIELLE FREEMAN	ZUMBA 6:30 – 7:25pm ALICIA GIHRING	YOGA 7:00 – 7:55pm NANCY MIGLIOZZI		
YOGA 7:30 – 8:25pm CATHERINE JACKSON					

Niebur Center • Spin Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN STRENGTH 6:00 – 6:45am ANN MCLEAN		SPIN STRENGTH 6:00 – 6:45am PATTY WOOFF		
SPIN + TONE 8:00 – 9:00am ANN MCLEAN	SPIN STRENGTH 8:30 – 9:15am AMY NESBIT	SPIN + TONE 8:00 – 9:00am ANN MCLEAN	SPIN STRENGTH 8:30 – 9:15am AMY NESBIT	SPIN + TONE 8:00 – 9:00am ANN MCLEAN	SPINNING 8:30 – 9:15am LAUREN WAYMIRE
	SPINNING 9:30 – 10:15am AMANDA COUCH		SPINNING 9:30 – 10:15am ANN MCLEAN	SPINNING 9:30 – 10:15am FITNESS ON DEMAND	
SPIN EXPRESS 12:15 – 12:45pm ANN MCLEAN	EXERCISE FOR PARKINSONS 11:00 – 11:55am MARY TEBBE	SPIN STRENGTH 12:30 – 1:15pm LARA COLLMANN	EXERCISE FOR PARKINSONS 11:00 – 11:55am LARA COLLMANN		
FAITH SPIN 6:00 – 6:45pm MONICA SNOOK (1 ST MON OF THE MONTH)	SPINNING 6:00 – 6:45pm LIZZY STEINMAN		SPINNING 6:00 – 6:45pm MONICA SNOOK		

Updated: 2/15/24

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Part Of The Cause/Basic Members & Non-Members Must Register & Pay Online Or At The Desk For All Classes!

Online Registration Starts At 6:00am 2 Weeks/A Month Prior To Classes In White • All Must Register For 5 Week Sessions Teal Boxes (Add. Cost)

NOTE: If you need to withdraw from class, you must call 656-0436 at least 2 hours prior to class.

Niebur Center • Upstairs Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCULPT 7:00 – 7:55am LARA COLLMANN	STEP & SCULPT 5:45 – 6:40am CINDY ZURLIENE	SCULPT 7:00 – 7:55am LARA COLLMANN	STEP & SCULPT 5:45 – 6:40am CINDY ZURLIENE	SCULPT 7:00 – 7:55am LARA COLLMANN	
DANCE FITNESS 8:30 – 9:25am MELODY SEVER	STEP & SCULPT 8:30 – 9:15am JULIE HYTEN	EXTREME STEP 8:00 – 8:55am ALICIA ALEXANDER	TABATA & TONING 8:30 – 9:25am JULIE HYTEN		STEP & SCULPT 7:30 – 8:25am CINDY ZURLIENE
FIT FLOW YOGA 9:30 – 10:25am AMY NESBIT	TOTAL BODY TONING 9:30 – 10:25am LISA ZWICKER	TOTAL BODY TONING 9:00 – 9:45am JENNY GRASSO	POWER HOUR 9:30 – 10:25am WENDY JOHNSON	PILOXING BARRE 9:15 – 10:10am AMY NESBIT	
		BARRE 10:00 – 10:55am MARY TEBBE			
		CANCER EXERCISE 11:00am – 12:00pm MARY TEBBE			
SILVERSNEAKERS 12:00 – 12:55pm LISA BEAUMONT	SILVERSNEAKERS 12:00 – 12:55pm LISA BEAUMONT	ADAPTIVE DANCE EX 11:30am – 12:25pm LAURA GILOMEN (3 RD WED Of Month)	SILVERSNEAKERS 12:00 – 12:55pm LISA BEAUMONT	SILVERSNEAKERS 12:00 – 12:55pm LISA BEAUMONT	
CHAIR YOGA 1:30 – 2:25pm LARA COLLMANN	CORE & MORE 4:30 – 4:55pm TIFFANY DIAL	SILVERSNEAKERS 12:00 – 12:55pm LISA BEAUMONT (NO Class 3 RD WED Of Month)	CHAIR YOGA 1:30 – 2:25pm JULIE HAMILTON		
	KETTLEBELL STRENGTH 5:15 – 6:00pm KAREN BARKER		POWER 30 4:30 – 4:55pm WENDY JOHNSON		
CANDLELIT RESTORATIVE YIN YOGA 6:00 – 6:55pm DANIELLE FREEMAN		FIT FLOW YOGA 6:00 – 6:55pm DANIELLE FREEMAN			

CANCER EXERCISE PROGRAM
 A free exercise class for cancer patients and survivors. The 60-minute classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. Each class is specifically tailored towards participants' fitness levels and needs. Let our certified instructors help you on your recovery.

Niebur Center • Gymnasium/Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAX FIT 5:30 – 6:25am LAILA GAGNON	SILVERSNEAKERS 8:30 – 9:25am LARA COLLMANN (YOUTUBE AVAILABLE)	MAX FIT 5:30 – 6:25am LAILA GAGNON	SILVERSNEAKERS 8:30 – 9:25am LARA COLLMANN (YOUTUBE AVAILABLE)	
WOMEN'S WEIGHT TRAINING 9:30 – 10:25am LARA COLLMANN		WOMEN'S WEIGHT TRAINING 9:30 – 10:25am LARA COLLMANN		WOMEN'S WEIGHT TRAINING 9:30 – 10:25am LARA COLLMANN

Meyer Center • Gymnasium/Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS 8:30 – 9:25am MARY TEBBE (YOUTUBE AVAILABLE)	WOMEN'S WEIGHT TRAINING 9:30 – 10:25am ANN MCLEAN	SILVERSNEAKERS 8:30 – 9:25am MARY TEBBE (YOUTUBE AVAILABLE)	WOMEN'S WEIGHT TRAINING 9:30 – 10:25am JO EARNHART	SILVERSNEAKERS 8:30 – 9:25am MARY TEBBE (YOUTUBE AVAILABLE)
	CIRCUIT WORX 5:30 – 6:45pm HANS HENSELER		CIRCUIT WORX 5:30 – 6:45pm HANS HENSELER	

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

Virtual Fitness Pass • Emailed Monday – Friday

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