

INDOOR GROUP FITNESS SCHEDULE

Edwardsville YMCA • August 16TH – December 31ST

8 Week Session Classes: Fall 1 August 23RD – October 17TH • Fall 2 October 18TH – December 19TH

Closed Sept. 6TH, Nov. 25TH & Dec. 25TH • Closes At 3pm Dec. 24TH & 31ST • No Session Classes Sept. 6TH, Nov. 22ND – 28TH



YOU MUST REGISTER ONLINE FOR SPIN, ZOOM & SESSION CLASSES!

FULL PRIV MEMS CAN DROP-IN TO THE CLASSES IN WHITE BOXES WITHOUT REGISTERING. BASIC MEM & NON-MEM MUST REGISTER ONLINE!

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

Online Registration Starts At 6:00am The Week Prior For Drop-In Zooms & Yoga Drop-in Pass • Members: Monday • Non-Members: Wednesdays

All Must Register For: Blue Boxes: 8 Week Session Class • Green & Yellow Boxes: Zoom • Spinning

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
BOOT CAMP 5:30 - 5:55am ANN MCLEAN	BOOT CAMP 5:30 - 5:55am PATTY WOUFF	BOOT CAMP 5:30 - 5:55am ANN MCLEAN	BOOT CAMP 5:30 - 5:55am PATTY WOUFF	BOOT CAMP 5:30 - 6:00am JOE KOVARIK	
TAI CHI 7:00 - 7:55am RENEE SECREST	STEP & SCULPT 6:00 - 6:45am CINDY ZURLIENE	TAI CHI 7:00 - 7:55am RENEE SECREST	STEP & SCULPT 6:00 - 6:45am CINDY ZURLIENE	TAI CHI 7:00 - 7:55am RENEE SECREST	BOOT CAMP 7:30 - 8:25am BETH A, LACEY L, JENNY G
DANCE FITNESS 8:30 - 9:25am MELODY SEVER	YOGA 8:30 - 9:25am RUTH KUBICEK	PILOXING 8:30 - 9:25am AMY NESBIT	YOGA 8:30 - 9:25am RUTH KUBICEK	STEP & SCULPT 8:30 - 9:25am ALICIA ALEXANDER	BOOT CAMP 8:30 - 9:25am BETH A, LACEY L, JENNY G
BOOT CAMP 9:30 - 10:25am AMY NESBIT (RECORDING CLASS LIVE)	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
ZUMBA 10:30 - 11:25am LAURA GILOMEN	YOGA 10:30 - 11:25am CATHERINE JACKSON	ZUMBA 10:30 - 11:25am LAURA GILOMEN	YOGA 10:30 - 11:25am CATHERINE JACKSON	ZUMBA 10:30 - 11:25am LAURA GILOMEN	
BAREFOOT FUSION 11:30am - 12:25pm KATE ZABOTKA	LUNCHTIME EXPRESS 12:10 - 12:55pm LARA COLLMANN (RECORDING CLASS LIVE)	BAREFOOT FUSION 11:30am - 12:25pm KATE ZABOTKA	LUNCHTIME EXPRESS 12:10 - 12:55pm LARA COLLMANN (RECORDING CLASS LIVE)	WALK 15 CARDIO 11:30am - 12:25pm KATE ZABOTKA	
	BEGINNER TAI CHI 1:00 - 1:45pm RENEE SECREST				
TABATA & TONING 4:30 - 5:25pm LARA COLLMANN	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm ABBY BESSERMAN	TABATA & ABS 4:30 - 5:25pm LARA COLLMANN (RECORDING CLASS LIVE)	WOMEN'S WEIGHT TRAINING 5:00 - 5:55pm ABBY BESSERMAN		
BOOT CAMP 5:30 - 6:25pm BETH ALLEN	BOOT CAMP 6:00 - 6:55pm BETH ALLEN	HIIT 5:30 - 6:25pm TIFFANY DIAL			
ZUMBA 6:30 - 7:25pm JULIE FLEMING		ZUMBA 6:30 - 7:25pm JULIE FLEMING	BOOT CAMP 6:00 - 6:55pm EMILY SMITH		
YOGA 7:30 - 8:25pm CATHERINE JACKSON	SLOW FLOW YOGA 7:00 - 7:55pm SHERIE O'BRIEN	RESTORATIVE YOGA 7:30 - 8:25pm SHERIE O'BRIEN	YOGA 7:30 - 8:25pm NANCY MIGLIOZZI		

Niebur Center • Spin Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAX FIT 5:30 - 6:15am LAILA GAGNON		MAX FIT 5:30 - 6:15am LAILA GAGNON			
PLUS SPIN 8:00 - 8:30am ANN MCLEAN	SPINNING 6:00 - 6:45am LAUREN WAYMIRE	PLUS SPIN 8:00 - 8:30am ANN MCLEAN		PLUS SPIN 8:00 - 8:30am ANN MCLEAN	SPINNING 8:00 - 8:45am TBD
	SPINNING 9:30 - 10:15am ANN MCLEAN		SPINNING 9:30 - 10:15am ANN MCLEAN		
SPIN STRENGTH 10:00 - 10:45am ANN MCLEAN	EXERCISE FOR PARKINSONS 11:00am - Noon MARY TEBBE	SPIN STRENGTH 10:00 - 10:45am AMY NESBIT	EXERCISE FOR PARKINSONS 11:00am - Noon LARA COLLMANN	SPIN STRENGTH 10:00 - 10:45am ANN MCLEAN	
SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN		SPIN EXPRESS 12:15 - 12:45pm ANN MCLEAN			
	SPINNING 6:00 - 6:45pm LIZZY STEINMAN		SPINNING 6:00 - 6:45pm MONICA SNOOK		
					SUNDAY WORSHIP RIDE 10:15 - 11:00am MONICA SNOOK (1 ST SUN OF THE MONTH)

Updated: 8/20/21

INDOOR GROUP FITNESS SCHEDULE

Edwardsville YMCA • August 16TH – December 31ST

8 Week Session Classes: Fall 1 August 23RD – October 17TH • Fall 2 October 18TH – December 19TH

Closed Sept. 6TH, Nov. 25TH & Dec. 25TH • Closes At 3pm Dec. 24TH & 31ST • No Session Classes Sept. 6TH, Nov. 22ND – 28TH



YOU MUST REGISTER ONLINE FOR SPIN, ZOOM & SESSION CLASSES!

FULL PRIV MEMS CAN DROP-IN TO THE CLASSES IN WHITE BOXES WITHOUT REGISTERING. BASIC MEM & NON-MEM MUST REGISTER ONLINE!

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

Online Registration Starts At 6:00am The Week Prior For Drop-In Zooms & Yoga Drop-in Pass • Members: Monday • Non-Members: Wednesdays

All Must Register For: Blue Boxes: 8 Week Session Class • Green & Yellow Boxes: Zoom • Spinning

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 • 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	STEP & SCULPT 7:30 – 8:25am CINDY ZURLIENE
	PILOXING KNOCKOUT 8:30 – 9:00am AMY NESBIT		XTREME STEP 8:15 – 9:00am AMY NESBIT		
TOTAL BODY TONING 9:30 – 10:25am JENNY GRASSO	BUTI YOGA 9:15 – 10:10am AMY NESBIT	HIIT 9:00 – 9:45am JENNY GRASSO	POWER HOUR 9:15 – 10:10am AMY NESBIT	PILOXING BARRE 9:15 – 10:10am AMY NESBIT	
		BARRE 10:00 – 10:55am MARY TEBBE (LIVE & ZOOM)			
			CHAIR YOGA 1:00 – 1:55pm JULIE HAMILTON		
	PILOXING KNOCKOUT 5:00 – 5:30pm WENDY JOHNSON		TOTAL BODY TONING 5:00 – 5:45pm WENDY JOHNSON		
	BARRE 6:30 – 7:25pm MARY TEBBE (LIVE & ZOOM)		PILOXING 6:00 – 6:55pm KELLIE FROHNERT		

Niebur Center • Gymnasium/Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAX FIT 5:30 – 6:25am LAILA GAGNON	SILVERSNEAKERS 8:30 – 9:10am LARA COLLMANN (LIVE & ZOOM)	MAX FIT 5:30 – 6:25am LAILA GAGNON	SILVERSNEAKERS 8:30 – 9:10am LARA COLLMANN (LIVE & ZOOM)	
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
LEVEL UP 24 5:30 – 6:00am LESA BOYKIN				
SILVERSNEAKERS 8:30 – 9:20am MARY TEBBE (LIVE & ZOOM)	WOMEN'S WEIGHT TRAINING 9:30 – 10:30am JENNY GRASSO	SILVERSNEAKERS 8:30 – 9:20am MARY TEBBE (LIVE & ZOOM)	WOMEN'S WEIGHT TRAINING 9:30 – 10:30am JENNY GRASSO	SILVERSNEAKERS 8:30 – 9:20am MARY TEBBE (LIVE & ZOOM)
TOTAL TRAINING 360 5:30 – 6:45pm BO PRITCHARD	CIRCUIT WORX 5:30 – 6:45pm BO PRITCHARD	TOTAL TRAINING 360 5:30 – 6:45pm BO PRITCHARD	CIRCUIT WORX 5:30 – 6:45pm BO PRITCHARD	

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 WENDY JOHNSON	SURPRISE WEDNESDAY WORKOUT AMY NESBIT	LUNCHTIME EXPRESS LARA COLLMANN	STEP & SCULPT ALICIA ALEXANDER
EXPRESS FITNESS MARY TEBBE	CHAIR YOGA JULIE HAMILTON	SENIOR FITNESS MARY TEBBE	TABATA & ABS LARA COLLMANN	BOOT CAMP/TURBO NICOLE SCHAPMAN