

# INDOOR GROUP FITNESS SCHEDULE

## Edwardsville YMCA • June 1<sup>ST</sup> – July 11<sup>TH</sup>

### Summer 1's 5 Week Session Classes Begin June 7<sup>TH</sup>



**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: 5 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
<b>BOOT CAMP</b> 5:30 - 5:55am ANN MCLEAN	<b>BOOT CAMP</b> 5:30 - 5:55am PATTY WOOLF	<b>BOOT CAMP</b> 5:30 - 5:55am ANN MCLEAN	<b>BOOT CAMP</b> 5:30 - 5:55am PATTY WOOLF	<b>BOOT CAMP</b> 5:30 - 6:00am JOE KOVARIK	
	<b>STEP &amp; SCULPT</b> 6:00 - 6:45am CINDY ZURLIENE		<b>STEP &amp; SCULPT</b> 6:00 - 6:45am CINDY ZURLIENE		<b>BOOT CAMP</b> 7:30 - 8:25am BETH A, LACEY L, JENNY G
<b>YOGA</b> 8:30 - 9:25am RUTH KUBICEK	<b>PILOXING KNOCKOUT</b> 8:30 - 9:00am AMY NESBIT	<b>PILOXING</b> 8:30 - 9:25am AMY NESBIT	<b>XTREME STEP</b> 8:15 - 9:00am AMY NESBIT	<b>STEP &amp; SCULPT</b> 8:30 - 9:25am ALICIA ALEXANDER	<b>BOOT CAMP</b> 8:30 - 9:25am BETH A, LACEY L, JENNY G
<b>BOOT CAMP</b> 9:30 - 10:25am AMY NESBIT (RECORDING CLASS LIVE)	<b>WALK 15</b> 9:30 - 10:25am KATE ZABOTKA	<b>TURBO</b> 9:30 - 10:25am NICOLE SCHAPMAN	<b>WALK 15</b> 9:30 - 10:25am KATE ZABOTKA	<b>BOOT CAMP</b> 9:30 - 10:25am NICOLE SCHAPMAN	
<b>ZUMBA</b> 10:30 - 11:25am LAURA GILOMEN	<b>YOGA</b> 10:30 - 11:25am CATHERINE JACKSON	<b>ZUMBA</b> 10:30 - 11:25am LAURA GILOMEN	<b>YOGA</b> 10:30 - 11:25am CATHERINE JACKSON	<b>ZUMBA</b> 10:30 - 11:25am LAURA GILOMEN	
<b>BAREFOOT FUSION</b> 11:30am - 12:25pm KATE ZABOTKA	<b>LUNCHTIME EXPRESS</b> 12:10 - 12:55pm LARA COLLMANN (RECORDING CLASS LIVE)	<b>BAREFOOT FUSION</b> 11:30am - 12:25pm KATE ZABOTKA	<b>LUNCHTIME EXPRESS</b> 12:10 - 12:55pm LARA COLLMANN (RECORDING CLASS LIVE)		
<b>TABATA &amp; TONING</b> 4:30 - 5:25pm LARA COLLMANN	<b>WOMEN'S WEIGHT TRAINING</b> 5:00 - 5:55pm ABBY BESSERMAN	<b>TABATA &amp; ABS</b> 4:30 - 5:25pm LARA COLLMANN (RECORDING CLASS LIVE)	<b>WOMEN'S WEIGHT TRAINING</b> 5:00 - 5:55pm ABBY BESSERMAN		
<b>BOOT CAMP</b> 5:30 - 6:25pm BETH ALLEN	<b>BOOT CAMP</b> 6:00 - 6:55pm BETH ALLEN	<b>HIIT</b> 5:30 - 6:25pm LARA COLLMANN			
<b>ZUMBA</b> 6:30 - 7:25pm JULIE FLEMING		<b>ZUMBA</b> 6:30 - 7:25pm JULIE FLEMING	<b>BOOT CAMP</b> 6:00 - 6:55pm EMILY SMITH		
<b>YOGA</b> 7:30 - 8:25pm CATHERINE JACKSON	<b>SLOW FLOW YOGA</b> 7:00 - 7:55pm SHERIE O'BRIEN	<b>RESTORATIVE YOGA</b> 7:30 - 8:25pm SHERIE O'BRIEN	<b>YOGA</b> 7:00 - 7:55pm CATHERINE JACKSON		

### Niebur Center • Spin Studio

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

### Zoom Only • Online Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>YOGA</b> 8:30 - 9:25am RUTH KUBICEK		<b>YOGA</b> 8:30 - 9:25am RUTH KUBICEK		

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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>TOTAL BODY TONING</b> 9:30 - 10:25am JENNY GRASSO	<b>YOGA MIX</b> 9:15 - 10:10am AMY NESBIT		<b>POWER HOUR</b> 9:15 - 10:10am AMY NESBIT	<b>PILOXING BARRE</b> 9:15 - 10:10am AMY NESBIT	
		<b>BARRE</b> 10:00 - 10:55am MARY TEBBE			
<b>TEEN CONDITIONING</b> 2:00 - 2:45pm LARA COLLMANN			<b>CHAIR YOGA</b> 1:00 - 1:55pm JULIE HAMILTON		
	<b>PILOXING KNOCKOUT</b> 5:00 - 5:30pm WENDY JOHNSON		<b>TOTAL BODY TONING</b> 5:00 - 5:45pm WENDY JOHNSON		
	<b>BARRE</b> 6:30 - 7:25pm MARY TEBBE				

Niebur Center • Gymnasium/Fitness Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAX FIT</b> 5:30 - 6:25am LAILA GAGNON	<b>SILVERSNEAKERS</b> 8:30 - 9:10am LARA COLLMANN (LIVE & ZOOM)	<b>MAX FIT</b> 5:30 - 6:25am LAILA GAGNON	<b>SILVERSNEAKERS</b> 8:30 - 9:10am LARA COLLMANN (LIVE & ZOOM)	
<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am LARA COLLMANN	<b>TOTAL BODY TONING</b> 9:30 - 10:25am JENNY GRASSO	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am LARA COLLMANN	<b>HIIT</b> 9:30 - 10:25am JENNY GRASSO	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:25am 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>SILVERSNEAKERS</b> 8:30 - 9:20am MARY TEBBE (LIVE & ZOOM)
	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:30am ABBY BESSERMAN		<b>WOMEN'S WEIGHT TRAINING</b> 9:30 - 10:30am ABBY BESSERMAN	

**REGISTER ONLINE MONTHLY FOR PASS • 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> WENDY JOHNSON	<b>SURPRISE WEDNESDAY WORKOUT</b> AMY NESBIT	<b>LUNCHTIME EXPRESS</b> LARA COLLMANN	<b>STEP &amp; SCULPT</b> ALICIA ALEXANDER
<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>BOOT CAMP/TURBO</b> NICOLE SCHAPMAN