



Group Exercise Schedule *updated 03/22/2024

YMCA of Southeast Missouri

March 10th - December 31st

511 Taylor

Sikeston, MO 63801

(573) 472-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Group Cycle Spin Room 5:15am - 6am	Y Pump Multipurpose Room 5:45am - 6:30am	Group Cycle Spin Room 5:15am - 6am	Y Pump Multipurpose Room 5:45am - 6:30am	Group Cycle Spin Room 5:15am - 6am		
	AM Energy Classes in Fitness Center 5:30am - 6am		AM Energy Classes in Fitness Center 5:30am - 6am				
	BARRE Aerobics Room 5:45am - 6:30am		BARRE Aerobics Room 5:45am - 6:30am				
8am		Intermediate Yoga Aerobics Room 8am - 8:45am	Beginner Yoga Aerobics Room 8am - 8:45am	Intermediate Yoga Aerobics Room 8am - 8:45am			
9am	Stretch It! Multipurpose Room 9am - 9:45am	Powersculpt Multipurpose Room 9am - 9:45am	Stretch It! Multipurpose Room 9am - 9:45am	Powersculpt Multipurpose Room 9am - 9:45am	Stretch It! Multipurpose Room 9am - 9:45am	Barbell Bombshells Multipurpose Room 9am - 9:45am	
	Cardio Mix Aerobics Room 9:15am - 10am		Cardio Mix Aerobics Room 9:15am - 10am				
10am	P.A.C.E. Multipurpose Room 10am - 11am		P.A.C.E. Multipurpose Room 10am - 11am				
1pm							Y Pump Aerobics Room 1:15pm - 2pm
4pm	Mobility & Motion Aerobics Room 4:30pm - 5pm			Mobility & Motion Aerobics Room 4:30pm - 5pm			
5pm	Step of Faith Aerobics Room 5pm - 5:45pm	BARRE Aerobics Room 5pm - 5:45pm	Zumba Aerobics Room 5pm - 5:45pm	Step of Faith Aerobics Room 5pm - 5:45pm			
	Group Cycle Spin Room 5:15pm - 6pm	Y Pump Multipurpose Room 5:15pm - 6pm	Group Cycle Spin Room 5:15pm - 6pm	Y Pump Multipurpose Room 5:15pm - 6pm			
6pm	Yoga Foundations Aerobics Room 6pm - 7pm	Let's HIIT it! Aerobics Room 6pm - 6:45pm		Circuit Training Aerobics Room 6:15pm - 7pm			
	Barbell Bombshells Multipurpose Room 6:15pm - 7pm	Barbell Bombshells Multipurpose Room 6:15pm - 7pm					
7pm				Beginner Yoga Aerobics Room 7pm - 7:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions YMCA of Southeast Missouri

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- AM Energy** - This class will deliver high-intensity cardio & core exercises to start your day with a burst of energy. Instructor Jeff Williams
- Barbell Bombshells** - Class for females to help participants increase muscular strength and endurance using dumbbells, barbells, circuits and team building exercises. Class includes fun dance, stretch, and short devotional at the end. Instructor Kristen Copeland
- BARRE** - Elements of pilates, dance, yoga & functional training all choreographed to motivating music. Instructors: 5:45am- Lisa Old, 5pm- Kay Griffin
- Beginner Yoga** - Introduces breathing techniques & yoga poses while helping to improve posture, flexibility & balance. Instructor Shelley Cox
- Cardio Mix** - Incorporates kickboxing, step & weighted bars for an intense cardio workout. Instructor Bev Stevener
- Circuit Training** - This class consists of stations focusing on different exercises to work the entire body! Pace and intensity can be modified for every fitness level. Instructor Tracy Hann
- Group Cycle** - Designed to mirror the intensity of riding a bike through varied terrain. Instructors: 5:15am- John Klueppel; 5:30pm- Sally Lape
- Intermediate Yoga** - designed to bring together the mind and body, the class incorporates breathing exercises, meditation, and poses designed to encourage relaxation and reduce stress. Instructor Shelley Cox
- Let's HIIT it!** - This high intensity interval training (HIIT) class incorporates several alternating movements using minimal equipment, designed to get your heartrate up! Instructor Schell Apple
- Mobility & Motion** - This class focuses on warming up the body with moderate heart rate boosting exercises and stretching to properly prepare the body for your own workout or other exercise class. Instructor Lisa Old
- P.A.C.E.** - For those with physical conditions that prevent them from participating in typical exercise programs. Instructor Brenda Freed
- Powersculpt** - This class is a mixture of high intensity interval training and conditioning to build muscle and cardiovascular endurance. Instructor Becky Ault
- Step of Faith** - Part step class, part bible devotional. The first 45 minutes of their class is a moderate to high-intensity step class. The last 15 minutes is dedicated to a devotional. Instructor Kay Griffin
- Stretch It!** - Gently & gradually increase flexibility through low-impact stretching techniques.*
- Y Pump** - Aerobic step using barbells, plates & weighted bars. Instructors rotate*
- Yoga Foundations** - A beginners guide to yoga, the asanas and sequencing. This class goes over the traditional yoga poses and walks you through simple sequences while providing modifications to meet your body's specific needs. Instructor Amy Butler
- Zumba** - Aerobic dance choreographed to pop, Latin & other fast-paced forms of music. Instructor Bridgett Stephenson