

YOU BELONG AT THE Y LINCOLN AREA YMCA, 2025

719 Wyatt Ave. | 217-735-3915 | bmyers@springfieldymca.org

GROUP FITNESS SCHEDULE

MONDAY

1:00 pm Y-Splash, Aquatics class
at the **Quality Inn**

TUESDAY

4:00 pm Y-AMRAP (as many reps
as possible)

WEDNESDAY

1:00 pm Y-Splash, Aquatics class
at the **Quality Inn**

4:00 pm Y-Pumped Up Strength

THURSDAY

10:00am Balance & Fall Prevention

1:00 pm Y-Splash, Aquatics class at
the **Quality Inn**

**NO CLASSES ON FRIDAYS
SATURDAYS AND SUNDAYS**

Lincoln Area Y members get access to hundreds of ONLINE group fitness classes at their convenience.



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Go to youryourway.com and get access with your member barcode.

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GROUP FITNESS CLASS DESCRIPTION

Y-AMRAP

As-Many-Reps-As-Possible is a high intensity class that will help you reach your goal as you build up endurance and stamina.
Instructor: Michelle

Y-Pumped Up Strength

Fun and challenging class with cardio and strength training.
Instructor: Bethany/Michelle

Y-Balance and Fall Prevention

Senior friendly class with focus on balance and fall prevention.
Instructor: Georgia

Y-Splash, Aquatics class at the **Quality Inn**

This class uses the natural resistance and buoyancy of water against the body set to 70's music.
Instructor: Georgia

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