

Boos Center Spring 2019 Schedule

Monday	Strength and Stretch w/Michelle Woods*	8:30-9:30am
	Tumble Bugs/Tots	4:30-6:00pm
	Cardio Drumming w/Rachel Kegerreis	5:45-6:45pm
	Zumba w/Gayle Hyde	6:00-7:00pm
	Drop In Soccer (\$2)	7:00-9:00pm
Tuesday	Open Gym (Free)	3:00-4:00pm
	Power Pump w/Michelle Woods*	4:30-5:30pm
	Pop Pilates w/Allie Baldwin	5:30-6:30pm
	Fun-N-Fit w/Kit Spoelstra	5:45-6:45pm
Wednesday	Zumba w/Michelle Woods*	8:30-9:30am
	Tumble Bugs/Tots	4:30-6:00pm
	Zumba w/Gayle Hyde	6:00-7:00pm
Thursday	Open Gym (Free)	3:00-5:00pm
	Revitalizing Evening Yoga w/Laurie Lewis	5:30-6:30pm
	Fun-N-Fit w/Kit Spoelstra	5:45-6:45pm
Friday	Strength and Stretch w/Michelle Woods*	8:30-9:30am
Saturday	Grow Your Yoga (rotating instructor)	9:00-10:15am
	Good Morning Energy Workout w/Rhonda Ball	9:00-10:00am
	Youth Gymnastics	10:30-12:30pm

Gymnastics and Tumbling Registration info available at cityofjackson.org/youth

All exercise classes are located in the Boos Center in Loomis Park. Classes are \$4 each or a 10 punch card for \$32

***Denotes no passes accepted.**