

# LEWISBURG YMCA

## GROUP EXERCISE AND CYCLING SCHEDULE

### Monday, June 2

Time	Class	Mins	Room
5:30am	Cycle w/Erv	60	Cycle
5:30am	Ripped w/Jeanne	60	GF
8:00am	BodyPump™ w/Tereza	60	GF
8:30am	Yoga Stretch w/Ayesha	60	AB
9:00am	SilverSneakers Classic® w/Dolores & Judi	60	Court 1
9:00am	BodyCombat™ w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Judi	60	Court 1
4:15pm	BodyPump™ w/Lacey	60	AB
4:45pm	Barre w/Taryn	45	GF
5:30pm	Cycle w/Paula	45	Cycle
5:30pm	Zumba® w/Judi	60	AB
5:35pm	BodyStep™ w/Stacy	60	GF

### Tuesday, June 3

Time	Class	Mins	Room
5:30am	Pure Strength w/Richelle	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	SPINIntensity w/Brynn	45	Cycle
9:00am	BodyPump™ w/ Sheila	60	AB
9:00am	Zumba®/Cardio Mixx w/Judi	60	GF
10:00am	Zumba® Gold/Gold-Toning w/Judi	60	GF
11:00am	Chair Yoga w/Dolores	60	AB
4:15pm	Warrior Ride w/Jason	60	Cycle
4:45pm	Grit™ Strength w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	Flow & Rest w/Ayesha	60	AB

### Wednesday, June 4

Time	Class	Mins	Room
5:30am	Cycle w/Sheila P	45	Cycle
5:30am	Toy Box w/Jody	60	GF
8:00am	Classical Yoga w/Dawn	60	AB
9:00am	SilverSneakers Circuit® w/Dolores & Lynn	60	Court 1
9:00am	Les Mills Mash Up w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Lynn	60	Court 1
4:15pm	BodyPump™ w/Jess	60	AB
4:45pm	Strength & Core w/Richelle	45	GF
5:30pm	Warrior Ride w/Emily	45	Cycle
5:30pm	Yoga Pop w/Krista	60	AB
5:30pm	Zumba® w/Andy	60	GF

### Thursday, June 5

Time	Class	Mins	Room
5:30am	Strength & Core w/Sonya	60	GF
8:00am	Toy Box w/Richelle-new class time!	60	GF
9:00am	SPINIntensity w/Brynn	45	Cycle
9:00am	BodyPump™ w/Sheila	60	AB
9:00am	Zumba® Mash Up w/Judi	60	GF
10:00am	SilverSneakers BOOM™ Muscle w/Kathy	60	GF
10:15am	Slow Flow w/Krista	60	AB
4:30pm	Pure Strength w/Tabata w/Paula	45	AB
4:45pm	RPM™ w/Jeanne	45	Cycle
4:45pm	Ripped w/Tiff	45	GF
5:30pm	BodyBalance™ w/Tereza	60	AB
5:40pm	Grit™ Athletic w/Tiff	30	GF


### Friday, June 6

Time	Class	Mins	Room
5:30am	Sprint™, Core & Restore w/Emily	60	Cycle
5:30am	Grit™ Strength w/Jeanne	30	GF
6:00am	BodyBalance™ w/Jeanne	30	GF
8:00am	Pure Strength w/Sonya	60	GF
9:00am	SilverSneakers Classic® w/Dolores & Barry	60	Court 1
9:00am	BodyStep™ w/Kathy	60	GF
9:00am	Chair Yoga w/Dawn	45	AB
10:00am	SilverSneakers Circuit® w/Dolores & Barry	60	Court 1
10:00am	Classical Yoga w/Dawn	60	AB
10:15am	SilverSneakers BOOM™ Muscle w/Paula	60	GF


### Weekend Schedule

Saturday, June 7			
Time	Class	Mins	Room
7:15am	Grit™ Cardio w/Jeanne	30	GF
7:15am	Cycle Pump w/Vicki	60	Cycle
7:45am	Les Mills Core™ w/Jeanne	45	GF
8:15am	BodyPump™ w/Jason	60	AB
8:45am	Ripped w/Nicole	60	GF
9:30am	Warrior Ride w/Jason	60	Cycle
9:30am	Pilates-Jess H	60	AB
Sunday, June 8			
Time	Class	Mins	Room
8:15am	BodyPump™ Express w/Tereza	30	GF
9:00am	RPM™ Express w/Tereza	30	Cycle
9:45am	BodyBalance™ w/Tereza	60	AB

Something more for you to enjoy!



Last week was full of new-this week we're continuing the theme, just on a smaller scale. We will finally have an 8:00 class on Thursdays! To start, there will be some different class options popping in there so be sure to let us know your thoughts! Richelle is kicking things off with Toy Box, a class not yet offered in a midmorning sport.



Please arrive to classes 5 mins early to set up!

Join the Lewisburg Y Fitness Fanatics Facebook page to stay up to date on any schedule changes and info about classes!

SCAN ME TO JOIN!



