

LEWISBURG YMCA

GROUP EXERCISE AND CYCLING SCHEDULE

Monday, June 9

Time	Class	Mins	Room
5:30am	Cycle w/Vicki	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/Jess	60	AB
4:45pm	Barre w/Taryn	45	GF
5:30pm	Cycle w/Paula	45	Cycle
5:30pm	Zumba®/Zumba Toning w/Judi	60	AB
5:35pm	BodyStep™ w/Stacy	60	GF

Tuesday, June 10

Time	Class	Mins	Room
5:30am	Toy Box w/Richelle	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	Cycle Pump w/Vicki	60	Cycle
9:00am	BodyPump™ w/Lacey	60	AB
9:00am	Zumba®/Zumba® Toning w/Judi	60	GF
10:00am	Zumba® 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™ Athletic w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	Flush & Flow w/Taylor	60	AB

Wednesday, June 11

Time	Class	Mins	Room
5:30am	Cycle w/Erv	60	Cycle
5:30am	Pure Strength w/Sonya	60	GF
8:00am	Yoga & Pilates Blend w/Richelle	60	AB
8:00am	SPINtensity w/Brynn-NEW!	45	Cycle
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/Lacey	60	AB
4:45pm	Grit™ Strength w/Tiff	30	GF
5:30pm	Sprint™ & Strength w/Emily	45	Cycle
5:30pm	Yoga Pop w/Krista	60	AB
5:30pm	Zumba® w/Andy	60	GF

Thursday, June 12

Time	Class	Mins	Room
5:30am	Step & Sculpt w/Sonya	60	GF
8:00am	Grit™ Cardio w/Jess	30	GF
8:30am	Les Mills Core™ w/Jess	30	GF
9:00am	SPINtensity w/Brynn	45	Cycle
9:00am	BodyPump™ w/Lacey	60	AB
9:00am	Dance Fitness w/Vicki	60	GF
10:00am	SilverSneakers BOOM™ Muscle w/Paula	60	GF
10:15am	Slow Flow w/Krista	60	AB
4:30pm	Pure Strength w/Tabata w/Paula	45	AB
4:45pm	Cycle w/Richelle	60	Cycle
4:45pm	Ripped w/Jeanne	45	GF
5:30pm	BodyBalance™ w/Tereza	60	AB
5:40pm	Les Mills Core™ w/Jeanne	30	GF

Friday, June 13

Time	Class	Mins	Room
5:30am	Cycle w/Jody	60	Cycle
5:30am	Strength & Core w/Vicki	60	GF
8:00am	Pure Strength w/Sonya	60	GF
9:00am	SilverSneakers Classic® w/Dolores & Barry	60	Court 1
9:00am	BodyStep™ w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Barry	60	Court 1
10:00am	BodyBalance™ w/Lacey	60	AB
10:15am	SilverSneakers BOOM™ Muscle w/Paula	60	GF
11:00am	Chair Yoga w/Lynn-later this week only!	60	AB

Weekend Schedule

Saturday, June 14			
Time	Class	Mins	Room
7:15am	Ripped w/Tiff	45	GF
7:15am	Sprint™, Core & Restore w/Jeanne	60	Cycle
8:15am	Grit™ Cardio w/Tiff	30	GF
8:15am	BodyPump™ w/Amy	60	AB
9:00am	Pure Strength w/Jen	60	GF
9:30am	RPM™ w/Amy	60	Cycle
9:30am	Pilates-Jess H	60	AB
Sunday, June 15			
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

One last new thing for you: an 8:00 am cycle class on Wednesdays!	Dawn is unavailable this week but we'll keep you stretched out and flexible-Richelle is covering Wednesday, Lacey has the 10:00 covered on Friday and Lynn will be doing Chair Yoga on Friday but at 11:00.	School is out! Your time to work out there is plenty for you to try! change but
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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!





Did you know we also offer fee-based small group classes?
Check out the current and upcoming classes at gsvymca.org under Small Group Training!