

LEWISBURG YMCA
GROUP EXERCISE AND CYCLING SCHEDULE

Monday, June 16

Time	Class	Mins	Room
5:30am	RPM™ w/Jeanne	45	Cycle
5:30am	Pure Strength w/Jen	60	GF
8:00am	BodyPump™ w/Tiff	60	GF
8:30am	Back next week!		
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/Colby	60	GF

Tuesday, June 17

Time	Class	Mins	Room
5:30am	Strength & Core w/Sonya	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	Cycle Pump w/Richelle	60	Cycle
9:00am	BodyPump™ w/ Sheila	60	AB
9:00am	Zumba® 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™ Strength w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	BodyBalance™ w/Amy	60	AB

Wednesday, June 18

Time	Class	Mins	Room
5:30am	Sprint™ & Strength w/Jeanne	60	Cycle
5:30am	Incinerate w/Sonya	60	GF
8:00am	Yoga & Pilates Blend w/Richelle	60	AB
8:00am	SPINtensity w/Brynn	60	Cycle
9:00am	SilverSneakers Circuit® w/Dolores & Lacey	60	Court 1
9:00am	Les Mills Mash Up w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Lacey	60	Court 1
4:15pm	BodyPump™ w/Jess	60	AB
4:45pm	Grit™ Athletic w/Stacy	30	GF
5:30pm	Sprint™, Core & Restore w/Emily	45	Cycle
5:30pm	Yoga Pop w/Krista	60	AB
5:30pm	Zumba® w/Andy	60	GF

Thursday, June 19

Time	Class	Mins	Room
5:30am	Ripped w/Jeanne	60	GF
8:00am	BodyAttack™/Les Mills Core™ w/Stacy	60	GF
9:00am	SPINtensity w/Brynn	60	Cycle
9:00am	BodyPump™ w/Sheila	60	AB
9:00am	Zumba®/Cardio Mixx w/Judi	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	Warrior Ride w/Jason	60	Cycle
4:45pm	Ripped w/Tiff	45	GF
5:30pm	BodyBalance™ w/Tereza	60	AB
5:40pm	Incinerate w/Nicole	45	GF

Friday, June 20

Time	Class	Mins	Room
5:30am	Cycle w/Erv	60	Cycle
5:30am	Grit™ Athletic w/Jess	30	GF
6:00am	Les Mills Core™ w/Jess	30	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
9:00am	SilverSneakers Stability w/Paula	45	AB
10:00am	SilverSneakers Circuit® w/Dolores & Barry	60	Court 1
10:00am	Yoga & Pilates Blend w/Richelle	60	AB
10:15am	SilverSneakers BOOM™ Muscle w/Paula	60	GF

Weekend Schedule

Saturday, June 21			
Time	Class	Mins	Room
7:15am	Grit™ Strength w/Tiff	30	GF
7:15am	Cycle w/Kari	45	Cycle
8:00am	Kickboxing w/Richelle	45	GF
8:15am	BodyPump™ w/Jason	60	AB
9:00am	Zumba® w/Jen	60	GF
9:30am	Warrior Ride w/Jason	60	Cycle
9:30am	Pilates-Jess H	60	AB
Sunday, June 22			
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

No new class times this week but lots of variety across the board!	But there is a bit of something new-Paula is offering SilverSneakers Stability in Dawn's absence on Friday at 9:00. This class focuses on improving balance and lower body strength to reduce the risk of falls and enhance STABILITY!	
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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!	 