

# LEWISBURG YMCA GROUP EXERCISE AND CYCLING SCHEDULE

## Monday, June 23

Time	Class	Mins	Room
5:30am	Cycle w/Sheila P	45	Cycle
5:30am	Ripped w/Jeanne	60	GF
8:00am	BodyPump™ w/Tereza	60	GF
8:30am	Yoga & Pilates Blend w/Richelle	60	AB
9:00am	SilverSneakers Classic® w/Dolores & Paula	60	Court 1
9:00am	BodyCombat™ w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Paula	60	Court 1
4:15pm	BodyPump™ w/Tiff	60	AB
4:45pm	PiYo Live® w/Jess	45	GF
5:30pm	Cycle w/Paula	45	Cycle
5:30pm	Les Mills Dance w/Stacy	60	AB
5:35pm	BodyStep™ w/Colby	60	GF

## Tuesday, June 24

Time	Class	Mins	Room
5:30am	Circuit Fusion w/Sonya	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	BodyPump™ w/ Sheila	60	AB
9:00am	Les Mills Dance w/Stacy	60	GF
10:00am	Dance Fitness Gold w/Dolores	60	GF
11:00am	Chair Yoga w/Dolores	60	AB
4:15pm	Warrior Ride w/Emily	60	Cycle
4:45pm	Grit™ Cardio w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	BodyBalance™ w/Amy	60	AB

## Wednesday, June 25

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	Cycle w/Vicki	60	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/Jess	60	AB
4:45pm	Grit™ Strength w/Tiff	30	GF
5:30pm	Cycle w/Jody	60	Cycle
5:30pm	Yoga Pop w/Krista	60	AB
5:30pm	Zumba® w/Andy	60	GF

## Thursday, June 26

Time	Class	Mins	Room
5:30am	Strength & Core w/Jen	60	GF
8:00am	Circuit Fusion w/Vicki	60	GF
9:00am	Cycle w/Paula	45	Cycle
9:00am	BodyPump™ w/Sheila	60	AB
9:00am	Les Mills Dance w/Stacy	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	SPINtensity w/Brynn	45	Cycle
4:45pm	Ripped w/Jeanne	60	GF
5:30pm	BodyBalance™ w/Tereza	60	AB

## Friday, June 27

Time	Class	Mins	Room
5:30am	Sprint™, Core & Restore w/Jeanne	60	Cycle
5:30am	Incinerate 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/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 28			
Time	Class	Mins	Room
7:15am	Pure Strength w/Jen	45	GF
7:15am	Cycle w/Jody	60	Cycle
8:15am	Toy Box w/Richelle	60	GF
8:15am	BodyPump™ w/Tiff	60	AB
9:30am	SPINtensity w/Brynn	45	Cycle
9:30am	Pilates-Jess H	60	AB
Sunday, June 29			
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

SPINtensity is on Thurs afternoon and Saturday morning-if weekday mornings don't work for you, now's your chance!

Let's dance!!! Judi is off this week and next but Stacy will be there to keep you moving and grooving! Richelle will help keep you loose and limber on Monday and Wednesday mornings and then Dawn will return on Friday.

PiYo Live Mon @ 4:45!  
It's not Barre but it's fire! 🔥

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!



