

LEWISBURG YMCA GROUP EXERCISE AND CYCLING SCHEDULE

Monday, June 30

Time	Class	Mins	Room
5:30am	Cycle w/Erv	60	Cycle
5:30am	Kickboxing w/Richelle	60	GF
8:00am	BodyPump™ w/Tiff	60	GF
8:30am	Yoga Stretch w/Ayesha	60	AB
9:00am	SilverSneakers Classic® w/Dolores & Lacey	60	Court 1
9:00am	BodyCombat™ w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Lacey	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	Les Mills Dance w/Stacy	60	AB
5:35pm	BodyStep™ w/Colby	60	GF

Tuesday, July 1

Time	Class	Mins	Room
5:30am	Pure Strength w/Sonya	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	BodyPump™ w/Lacey	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	GF
4:15pm	Warrior Ride w/Jason	60	AB
4:45pm	Grit™ Athletic w/Jess	30	Cycle
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	BodyBalance™ w/Jeanne	60	GF
			AB

Wednesday, July 2

Time	Class	Mins	Room
5:30am	Sprint™ & Strength w/Jeanne	60	Cycle
5:30am	Toy Box w/Sonya	60	GF
8:00am	Classical Yoga w/Dawn	60	AB
8:00am	Cycle w/Richelle	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/Lacey	60	AB
4:45pm	Grit™ Strength w/Tiff	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, July 3

Time	Class	Mins	Room
5:30am	Ripped w/Jeanne	60	GF
8:00am	BodyAttack™ w/Stacy	60	GF
9:00am	Cycle Pump w/Richelle	60	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	Warrior Ride w/Jason	60	Cycle
4:45pm	Ripped w/Tiff	60	GF
5:30pm	BodyBalance™ w/Tereza	60	AB

Friday, July 4



Weekend Schedule

Saturday, July 5			
Time	Class	Mins	Room
7:15am	Strength & Core w/Jen	45	GF
7:15am	Back next week!	60	AB
8:00am	Back next week!	60	Cycle
8:15am	BodyPump™ w/Jason	60	AB
9:30am	Warrior Ride w/Jason		
9:30am	Pilates-Jess H		
Sunday, July 6			
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

We are closed on July 4th and have a light schedule on Saturday the 5th-most likely you'll have as much going on as our instructors do that weekend but if you find time to put in some work on yourself, we'll see you at the gym!

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!