

LEWISBURG YMCA

GROUP EXERCISE AND CYCLING SCHEDULE

Monday, July 7

Time	Class	Mins	Room
5:30am	Cycle w/Erv	60	Cycle
5:30am	Grit™ Cardio w/Jess	30	GF
6:00am	Les Mills Core™ w/Jess	30	GF
8:00am	BodyPump™ w/Tereza	60	GF
8:30am	Yoga Stretch w/Ayesha	60	AB
9:00am	SilverSneakers Classic® w/Dolores & Richelle	60	Court 1
9:00am	BodyCombat™ w/Stacy	60	GF
10:00am	SilverSneakers Circuit® w/Dolores & Richelle	60	Court 1
4:15pm	BodyPump™ w/Tiff	60	AB
4:45pm	Barre w/Taryn	45	GF
5:30pm	Cycle Pump w/Vicki	60	Cycle
5:30pm	Les Mills Dance w/Stacy	60	AB
5:35pm	BodyStep™ w/Colby	60	GF

Tuesday, July 8

Time	Class	Mins	Room
5:30am	Pure Strength w/Sonya	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	BodyPump™ w/ Sheila	60	AB
9:00am	Zumba® Mash Up 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™ Cardio w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	Flush & Flow w/Taylor	60	AB

Wednesday, July 9

Time	Class	Mins	Room
5:30am	Cycle w/Jody	60	Cycle
5:30am	Ripped w/Jeanne	60	GF
8:00am	Classical Yoga w/Dawn	60	AB
8:00am	SPINtensity w/Brynn	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/Stacy	60	AB
4:45pm	Strength & Core w/Vicki	45	GF
5:30pm	Sprint™ & Strength w/Emily	45	Cycle
5:30pm	Yoga & Pilates Blend w/Richelle	60	AB
5:30pm	Zumba® w/Andy	60	GF

Thursday, July 10

Time	Class	Mins	Room
5:30am	Incinerate w/Sonya	60	GF
8:00am	Kickboxing w/Richelle	60	GF
9:00am	Cycle w/Vicki	60	Cycle
9:00am	BodyPump™ w/Sheila	60	AB
9:00am	Zumba® Toning 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	Warrior Ride w/Jason	60	Cycle
4:45pm	Ripped w/Jeanne	60	GF
5:45pm	BodyBalance™ w/Jeanne-room/time change this week only!	45	GF

Friday, July 11

Time	Class	Mins	Room
5:30am	Sprint™ Core & Restore w/Jeanne	60	Cycle
5:30am	Strength & Core w/Jen	60	GF
8:00am	Pure Strength w/Vicki	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, July 12			
Time	Class	Mins	Room
7:15am	Grit™ Strength w/Jeanne	30	GF
7:15am	Cycle w/Jody	60	Cycle
8:00am	Kickboxing w/Nicole	45	GF
8:15am	BodyPump™ w/Jason	60	AB
9:00am	Pure Strength w/Jen	60	GF
9:30am	Warrior Ride w/Jason	60	Cycle
9:30am	Pilates-Jess H	60	AB
Sunday, July 13			
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

Please note the change in room, time, duration and instructor for BodyBalance on Thursday evening this week ONLY! Tereza needed a rare Thursday off and we didn't want you to have to go without so we made it work as best as we could.

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!



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!