

LEWISBURG YMCA

GROUP EXERCISE AND CYCLING SCHEDULE

Monday, October 5

Time	Class	Mins	Room
5:30am	RPM™ w/Lacey	45	Cycle
5:30am	Ripped w/Jody	60	GF
8:00am	BodyPump™ w/Tereza	60	GF
8:30am	Flow & Rest 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/Lacey	60	AB
4:45pm	Barre w/Taryn	45	GF
5:30pm	Cycle w/Paula	45	Cycle
5:30pm	Pilates HIIT w/Jess H.	45	AB
5:35pm	BodyStep™ w/Stacy	60	GF

Tuesday, October 6

Time	Class	Mins	Room
5:30am	Ball Blast w/Sonya	60	GF
8:00am	BodyBalance™ w/Tereza	60	GF
9:00am	BodyPump™ w/Lacey	60	AB
9:00am	Zumba®/Cardio Mixx 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 & Core w/Jason	75	Cycle
4:30pm	Pure Strength & Tabata w/Rebecca	45	AB
4:45pm	Grit™ Strength w/Jess	30	GF
5:20pm	BodyCombat™ w/Jess	60	GF
5:30pm	Zumba® w/Denise	60	AB

Wednesday, October 7

Time	Class	Mins	Room
5:30am	Cycle w/Brynn	60	Cycle
5:30am	Strength & Core w/Jen	60	GF
8:00am	Cycle Pump w/Richelle	60	Cycle
8:00am	Classical Yoga w/Dawn	60	AB
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
4:30pm	Back Next Week!		AB
4:45pm	Grit™ Cardio w/Jess	30	GF
5:15pm	Sprint™ w/Emily	30	Cycle
5:20pm	BodyPump™ w/Jess	60	GF
5:30pm	Back Next Week!		AB

Thursday, October 8

Time	Class	Mins	Room
5:30am	Back Next Week!	60	GF
5:30am	Circuit Fusion w/Sonya	60	SP
8:00am	Yoga & Pilates Blend w/Richelle	60	GF
9:00am	BodyPump™ w/Sheila	60	AB
9:00am	Zumba®/Zumba® Toning w/Judi	60	GF
10:00am	SilverSneakers BOOM™ Muscle w/Kathy	60	GF
4:15pm	Warrior Ride & Core w/Jason	75	Cycle
4:30pm	Pure Strength & Tabata w/Paula	45	AB
4:45pm	Ripped w/Jeanne	60	GF
5:30pm	BodyBalance™ w/Tereza	60	AB

Friday, October 9

Time	Class	Mins	Room
5:30am	Sprint™ & Strength w/Jeanne	60	Cycle
5:30am	Toy Box w/Sheila P.	45	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	Back Next Week!		AB
10:00am	SilverSneakers Circuit® w/Dolores & Barry	60	Court 1
10:00am	Yoga Stretch w/Richelle	60	AB
10:15am	SilverSneakers BOOM™ Muscle w/Paula	60	GF

Weekend Schedule

Saturday, October 10			
Time	Class	Mins	Room
8:15am	BodyPump™ w/Jason	60	AB
8:15am	Cycle Pump w/Vicki	60	Cycle
8:15am	Circuit Fusion w/Jody	60	GF
9:30am	Zumba® w/Denise	60	GF
9:30am	Warrior Ride w/Jason	60	Cycle
9:30am	Yoga & Pilates Blend w/Richelle	60	AB
Sunday, October 11			
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 some cancellations due to instructor availability.

No Chair Yoga on Friday!




Please arrive to classes 5 mins early to set up!

Join the Lewisburg Y Fitness Fanatics Facebook page to stay up to date on schedule changes and info about classes!

SCAN ME TO JOIN!


