

LEWISBURG YMCA AT THE MILLER CENTER – GROUP EXERCISE AND CYCLING SCHEDULE – MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p>5:30AM GRIT™ Athletic Jess C 5:30 Pure Strength Sonya (AB) 6:00 PiYo® LIVE Jess C (30) 8:15 bootybarre® Kathy (AB-30) 8:15 Zumba® Andy 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyCombat™ Rebecca 10:15 BodyPump™ Rebecca 10:15 Yin Yoga Laurene (AB) 11:15 Forever Fit Janice</p> <p>4:15PM BodyPump™ Sheila (AB-45) 5:00 GRIT™ Cardio Jess J 5:00 CXWORX™ Sheila (AB) 5:30 BodyAttack™ Sheila 5:30 Pilates Jess H (DE) 5:45 BodyPump™ Jess J (AB) 6:30 Zumba® Terri</p> <p>5:30AM Cycling Erv (60) 10:15 RPM™ Barry 4:15 PM RPM™ Phyllis 5:30 Cycling Paula (60)</p>	<p>3</p> <p>5:30AM Step Roni 5:30 Integral Yoga Keith (AB-75) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyAttack™ Kathy 9:15 BodyPump™ Sheila (AB) 9:15 Zumba® Toning Judi 10:15 STRONG® Andy 10:15 Vinyasa Yoga Sue (AB)</p> <p>4:15 GRIT™ Strength Tiff 5:00 CXWORX™ Sheila 5:30 BodyStep™ Sheila 5:45 BodyFlow™ Tereza (AB) 6:30 Zumba®/Zumba® Toning Jen</p> <p>5:30AM Cycling Jody (60) 9:00 RPM™ Phyllis 4:15PM Warrior Ride Jason (60) 5:30 Cycling Jess C (60)</p>	<p>4</p> <p>5:30AM GRIT™ Cardio Chuck 5:30 Legs and Abs Sonya (AB) 8:15 Forever Fit Janice 8:15 BodyPump™ Sheila (AB) 9:15 BodyAttack™ Sheila 9:15 POUND® Rebecca (AB-45) 10:15 Zumba®/Zumba® Sentao Judi 10:15 Classical Yoga Dawn (AB-75) 12:00PM Restorative Yoga Dawn (AB)</p> <p>4:15PM BodyPump™ Tiff (AB-45) 5:00 GRIT™ Athletic Tiff/Meredith 5:30 STRONG® Andy 5:30 BodyPump™ Tereza (AB) 6:30 BodyFlow™ Tereza (AB)</p> <p>5:30AM RPM™ Barry 10:15 RPM™ Phyllis 4:15 PM RPM™ Lacey 5:30 Cycling Paula (60)</p>	<p>5</p> <p>5:30AM GRIT™ Strength Jess C 5:30 CXWORX™ Jess J (AB) 6:00 PiYo® LIVE Jess C (GF-30) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyStep™ Sheila 9:15 Zumba® Judi 10:15 Integral Yoga Keith (AB-75) 10:15 BodyPump™ Sheila 11:15 CXWORX™ Sheila</p> <p>4:15PM POUND® Rebecca (AB-45) 5:00 GRIT™ Cardio Jess C 5:30 BodyCombat™ Jess C/Rebecca 5:30 Yoga Vani (AB-90) 6:30 Hip N' Fit Valerie</p> <p>5:30AM RPM™ Barry 9:00 Cycling Liz 3:30PM Youth Cycling Jason (30) 4:15 Warrior Ride Jason (60) 5:30 RPM™ Tereza</p>	<p>6</p> <p>5:30AM BodyPump™ Jess C</p> <p>8:15 Pure Strength Sonya 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyCombat™ Rebecca 10:15 GRIT™ Athletic Meredith 10:15 Classical Yoga Dawn (AB-75)</p> <p>5:00PM STRONG30® Andy (30) 5:30 bootybarre® Jess H</p> <p>5:30AM Cycling Erv (60) 9:00 RPM™ Barry 5:30 PM RPM™ Lacey</p>	<p>7</p> <p>7:30AM GRIT™ Cardio Jess C 8:00 STRONG30® Andy (30) 8:15 BodyPump™ Jason (AB) 8:30 BodyCombat™ Jess C 9:30 BodyPump™ Lacey (AB) 9:30 Zumba® Jen 10:30 Beginner Ballet Jess H (75)</p> <p>7:30AM RPM™ Phyllis 8:30 RPM™ Lacey 9:30 RPM™ Jason</p>	<p>3/1</p> <p>9:00AM RPM™ Tereza</p> <p>10:00 AM BodyFlow™ Tereza</p> <hr/> <p>3/8</p> <p>9:00AM RPM™ Lacey</p> <p>10:00AM BodyFlow™ Lacey</p>
<p>9</p> <p>5:30AM GRIT™ Cardio Jess C 5:30 Pure Strength Sonya (AB) 6:00 PiYo® LIVE Jess C (30) 8:15 bootybarre® Kathy (AB-30) 8:15 Zumba® Andy 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyCombat™ Rebecca 10:15 BodyPump™ Rebecca 10:15 Yin Yoga Laurene (AB) 11:15 Forever Fit Janice</p> <p>4:15PM BodyPump™ Sheila (AB-45) 5:00 GRIT™ Strength Jess J 5:00 CXWORX™ Sheila (AB) 5:30 BodyAttack™ Sheila 5:45 BodyPump™ Jess J (AB) 6:30 Zumba® Judi</p> <p>5:30AM Cycling Erv (60) 10:15 RPM™ Barry 4:15 RPM™ Phyllis 5:30 Cycling Paula (60)</p>	<p>10</p> <p>5:30AM Step Roni 5:30 Integral Yoga Keith (AB-75) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyAttack™ Kathy/Sheila 9:15 BodyPump™ Sheila (AB) 9:15 Zumba® Toning Judi 10:15 STRONG® Andy 10:15 Vinyasa Yoga Sue (AB)</p> <p>4:15PM GRIT™ Athletic Tiff 5:00 CXWORX™ Sheila 5:30 BodyStep™ Sheila 5:45 BodyFlow™ Tereza (AB) 6:30 Zumba®/Zumba® Toning Jen</p> <p>5:30AM Cycling Jody (60) 9:00 RPM™ Phyllis 4:15PM Warrior Ride Jason (60) 5:30 Cycling Liz (60)</p>	<p>11</p> <p>5:30AM GRIT™ Strength Chuck 5:30 Legs and Abs Sonya (AB) 8:15 Forever Fit Janice 8:15 BodyPump™ Sheila (AB) 9:15 BodyAttack™ Sheila 9:15 POUND® Rebecca (AB-45) 10:15 Zumba®/Zumba® Sentao Judi 10:15 Classical Yoga Dawn (AB-75) 12:00PM Restorative Yoga Dawn (AB)</p> <p>4:15PM BodyPump™ Tiff (AB-45) 5:00 GRIT™ Cardio Tiff 5:30 STRONG® Andy 5:30 BodyPump™ Tereza (AB) 6:30 BodyFlow™ Tereza</p> <p>5:30AM Cycling Erv (60) 10:15 RPM™ Phyllis 4:15PM RPM™ Jason 5:30 Cycling Paula (60)</p>	<p>12</p> <p>5:30AM GRIT™ Athletic Chuck/Jess J 5:30 CXWORX™ Jess C (AB) 6:00 PiYo® LIVE Jess C (AB-30) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyStep™ Kathy 9:15 Zumba® Judi 10:15 Integral Yoga Keith (AB-75) 10:15 BodyPump™ Sheila 11:15 CXWORX™ Sheila</p> <p>4:15PM POUND® Rebecca (AB-45) 5:00 GRIT™ Strength Jess C 5:30 BodyCombat™ Jess C 5:30 Yoga Vani (AB-90) 6:30 Zumba® Jen</p> <p>5:30AM RPM™ Barry 9:00 Cycling Liz 3:30PM Youth Cycling Jason (30) 4:15 Warrior Ride Jason (60) 5:30 RPM™ Tereza</p>	<p>13</p> <p>5:30AM BodyPump™ Jess C</p> <p>8:15 Pure Strength Sonya 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyAttack™ Kathy 10:15 Tabata Janice 10:15 Classical Yoga Dawn (AB-75)</p> <p>5:00PM STRONG30® Andy (30) 5:30 bootybarre® Jess H</p> <p>5:30AM Cycling Erv (60) 9:00 RPM™ Barry 5:30 PM RPM™ Liz</p>	<p>14</p> <p>7:30AM GRIT™ Athletic Chuck 8:00 BodyStep™ Sheila 8:15 BodyPump™ Jess J (AB) 9:00 CXWORX™ Sheila 9:30 BodyPump™ Jason (AB) 9:30 Hip N' Fit Valerie 10:30 Beginner Ballet Jess H (75)</p> <p>7:30AM RPM™ Tereza 8:30 RPM™ Jason 9:30 Cycling Paula</p>	<p>15</p> <p>9:00AM Cycling Jess C</p> <p>10:00AM PiYo® LIVE Jess C</p>

ALL CLASSES ARE HELD IN THE GROUP EXERCISE ROOM UNLESS OTHERWISE NOTED.

RPM™ & CYCLING CLASSES ARE HELD IN THE CYCLING ROOM. YOUTH CYCLING IS FOR AGES 10-16 (PRE-REGISTRATION IS STRONGLY ENCOURAGED).

MARCH IS LES MILLS LAUNCH MONTH!
ANY CLASSES IN RED WILL BE THE NEWEST RELEASE OF THE FORMAT. MEMBERS THAT ATTEND WILL RECEIVE PRIZE TICKETS – SUBMIT YOUR TICKETS TO THE FITNESS DESK FOR A CHANCE TO WIN!

GRIT™ & CXWORX™ ARE ALWAYS 30 MINUTES.
ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED.
CYCLING AND RPM ARE 45 MINUTES UNLESS OTHERWISE NOTED.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
16 5:30AM GRIT™ Strength Jeanne 5:30 Pure Strength Sonya (AB) 6:00 BodyFlow™ Jeanne (30) 8:15 bootybarre® Kathy (AB-30) 8:15 Zumba® Andy 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyCombat™ Rebecca 10:15 Chiseled Strength Liz 10:15 Yin Yoga Laurene (AB) 11:15 Forever Fit Janice <hr/> 4:15PM BodyPump™ Sheila (AB-45) 5:00 GRIT™ Athletic Jess J 5:00 CXWORX™ Sheila/Jess J (AB) 5:30 PM BodyAttack™ Sheila 5:30 Pilates Jess H (DE) 5:45 BodyPump™ Jess J (AB) 6:30 Zumba® Judi/Terri <hr/> 5:30AM Cycling Erv (60) 10:15 RPM™ Barry 4:15PM RPM™ Barry 5:30 Cycling Paula (60)	17 5:30AM Step Roni 5:30 Integral Yoga Keith (AB-75) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyAttack™ Kathy 9:15 BodyPump™ Sheila (AB) 9:15 Zumba® Toning Judi 10:15 STRONG® Andy 10:15 Vinyasa Yoga Sue (AB) <hr/> 4:15PM GRIT™ Cardio Tiff 5:00 CXWORX™ Sheila/Jeanne 5:30 BodyStep™ Kathy 5:45 BodyFlow™ Tereza (AB) 6:30 Zumba®/Zumba® Toning Jen <hr/> 5:30AM Cycling Jody (60) 9:00 RPM™ Barry 4:15PM Warrior Ride Jason (60) 5:30 RPM™ Jeanne	18 5:30AM GRIT™ Athletic Jeanne 5:30 Legs and Abs Sonya (AB) 8:15 Forever Fit Janice 8:15 BodyPump™ Sheila (AB) 9:15 Chiseled Cardio Janice 9:15 POUND® Rebecca (AB-45) 10:15 Zumba®/Zumba® Sentao Judi 10:15 Classical Yoga Dawn (AB-75) 12:00PM Restorative Yoga Dawn (AB) <hr/> 4:15PM BodyPump™ Tiff (AB-45) 5:00 GRIT™ Strength Jess C 5:30 STRONG® Andy 5:30 BodyPump™ Tereza (AB) 6:30 BodyFlow™ Tereza (AB) <hr/> 5:30AM Cycling Jess C 10:15 RPM™ Barry 4:15 PM RPM™ Jeanne 5:30 Cycling Paula (60)	19 5:30AM GRIT™ Cardio Chuck 5:30 CXWORX™ Jeanne (AB) 6:00 BodyFlow™ Jeanne (AB-30) 8:00 BodyFlow™ Tereza (AB) 8:15 BodyStep™ Kathy/Sheila 9:15 Zumba® Judi 10:15 Integral Yoga Keith (AB-75) 10:15 BodyPump™ Sheila 11:15 CXWORX™ Sheila <hr/> 4:15PM POUND® Rebecca (AB-45) 5:00 GRIT™ Athletic Jeanne 5:30 BodyCombat™ Jess C 5:30 Yoga Vani (AB-90) 6:30 Hip N' Fit Valerie <hr/> 5:30AM RPM™ Barry 9:00 Cycling Liz 3:30PM Youth Cycling Jason (30) 4:15 Warrior Ride Jason (60) 5:30 RPM™ Jeanne	20 5:30AM BodyPump™ Jess C <hr/> 8:15 Pure Strength Sonya 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyAttack™ Kathy 10:15 GRIT™ Cardio Meredith 10:15 Classical Yoga Dawn (AB-75) <hr/> 5:00PM STRONG30® Andy (30) 5:30 bootybarre® Jess H <hr/> 5:30AM Cycling Jody (60) 9:00 RPM™ Barry 5:30 PM RPM™ Jeanne	21 7:30AM GRIT™ Strength Chuck 8:00 POUND® Rebecca (30) 8:15 BodyPump™ Jess J (AB) 8:30AM GRIT™ Athletic Jeanne 9:00 CXWORX™ Jeanne/Jess C 9:30 BodyPump™ Jason (AB) 9:30 Zumba® Judi 9:30 Pilates Jess H (C) 10:30 Beginner Ballet Jess H (75) <hr/> 7:30AM RPM™ Jeanne 8:30 RPM™ Jason 9:30 RPM™ Tereza	22 9:00AM RPM™ Jeanne <hr/> 10:00 AM BodyFlow™ Jeanne <hr/> LAUNCH DAY: 1:00PM BodyPump™ Jason/Jess J/ Tereza 1:00PM RPM™ Jeanne/Phyllis 2:00PM BodyPump™ Jess C/ Tiff/Sheila 2:00PM RPM™ Jason/Tereza			
23 5:30AM GRIT™ Athletic Jeanne 5:30 Pure Strength Sonya (AB) 6:00 BodyFlow™ Jeanne (30) 8:15 bootybarre® Kathy (AB-30) 8:15 Zumba® Andy 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyCombat™ Rebecca 10:15 Chiseled Strength Liz 10:15 Yin Yoga Laurene (AB) 11:15 Forever Fit Janice <hr/> 4:15PM BodyPump™ Sheila (AB-45) 5:00 GRIT™ Strength Jess J/Jeanne 5:00 CXWORX™ Sheila (AB) 5:30 BodyAttack™ Sheila 5:45 BodyPump™ Jess J (AB) 6:30 Zumba® Judi <hr/> 5:30AM RPM™ Barry (60) 10:15 RPM™ Phyllis 4:15 RPM™ Lacey 5:30 Cycling Paula (60)	24 5:30AM Step Roni 5:30 Integral Yoga Keith (AB-75) 8:15 BodyFlow™ Tereza (AB) 8:15 BodyStep™ Kathy 9:15 BodyPump™ Sheila/Lacey (AB) 9:15 Zumba® Toning Judi 10:15 STRONG® Andy 10:15 Vinyasa Yoga Sue (AB) <hr/> 4:15PM GRIT™ Athletic Tiff 5:00 CXWORX™ Sheila 5:30 BodyStep™ Sheila 5:45 BodyFlow™ Tereza (AB) 6:30 Zumba®/Zumba® Toning Jen <hr/> 5:30AM Cycling Jody (60) 9:00 RPM™ Phyllis 4:15PM Warrior Ride Jason (60) 5:30 RPM™ Lacey	25 5:30AM GRIT™ Cardio Jeanne 5:30 Legs and Abs Sonya (AB) 8:15 Forever Fit Janice 8:15 BodyPump™ Sheila (AB) 9:15 BodyAttack™ Sheila 9:15 POUND® Rebecca (AB-45) 10:15 Zumba®/Zumba® Sentao Judi 10:15 Classical Yoga Dawn (AB-75) 12:00PM Restorative Yoga Dawn (AB) <hr/> 4:15PM BodyPump™ Tiff (AB-45) 5:00 GRIT™ Cardio Jess C/Tiff 5:30 STRONG® Andy 5:30 BodyPump™ Tereza (AB) 6:30 BodyFlow™ Tereza/Jeanne (AB) <hr/> 5:30AM Cycling Erv 10:15 RPM™ Phyllis 4:15 PM RPM™ Lacey 5:30 Cycling Paula (60)	26 5:30AM GRIT™ Strength Chuck/Jess C 5:30 CXWORX™ Jeanne (AB) 6:00 BodyFlow™ Jeanne (AB-30) 8:00 BodyFlow™ Tereza/Lacey (AB) 8:15 BodyStep™ Sheila 9:15 Zumba® Judi 10:15 Integral Yoga Keith (AB-75) 10:15 BodyPump™ Sheila 11:15 CXWORX™ Sheila <hr/> 4:15PM POUND® Rebecca (AB-45) 5:00 GRIT™ Strength Jeanne 5:30 BodyCombat™ Jess C 5:30 Yoga Vani (AB-90) 6:30 Hip N' Fit Valerie <hr/> 5:30AM RPM™ Barry 9:00 Cycling Liz 3:30PM Youth Cycling Jason (30) 4:15 Warrior Ride Jason (60) 5:30 RPM™ Jeanne	27 5:30AM BodyPump™ Jess C <hr/> 8:15 Pure Strength Sonya 9:00 Chair Yoga Dawn (AB-45) 9:15 BodyAttack™ Sheila 10:15 GRIT™ Strength Meredith 10:15 Classical Yoga Dawn (AB-75) <hr/> 5:00PM STRONG30® Andy (30) 5:30 bootybarre® Jess H <hr/> 5:30AM Cycling Erv (60) 9:00 RPM™ Barry 5:30PM RPM™ Jeanne	28 7:30AM GRIT™ Cardio Meredith 8:00 BodyAttack™ Sheila 8:15 BodyPump™ Jason (AB) 9:00 GRIT™ Strength Tiff 9:30 BodyPump™ Tiff/Sheila (AB) 9:30 Zumba® Andy 10:30 Beginner Ballet Jess H (75) <hr/> 7:30AM RPM™ Phyllis 8:30 Cycling Liz 9:30 RPM™ Jason	29 9:00AM RPM™ Tereza <hr/> 10:00 AM BodyFlow™ Tereza			
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Monday, March 30

Tuesday, March 31