


## Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule July 27-August 1

|         | Monday   | Tuesday   | Wednesday                                    | Thursday  | Friday   | Saturday                                   |
|---------|--|---|--|---|--|--|
| 8:15am  | <b>ZUMBA®</b><br>Andy<br>45 mins - GF          |   |  | <b>GRIT™ Cardio</b><br>Tiff<br>30 mins - GF     |  |  |
| 9:00am  | <b>Cycle</b><br>Paula<br>45 mins - Cycle       | <b>BodyPump™</b><br>Tiff<br>45 mins - AB        | <b>RPM™</b><br>Barry<br>45 mins - Cycle      | <b>BodyPump™</b><br>Tiff<br>45 mins - AB        |  | <b>BodyPump™</b><br>Sheila<br>60 mins - AB |
| 9:15am  |  | <b>ZUMBA®</b><br>Judi<br>45 mins - GF           | <b>BodyAttack™</b><br>Kathy<br>45 mins - GF  | <b>ZUMBA®</b><br>Judi<br>45 mins - GF           |  | <b>RPM™</b><br>Jason<br>45 mins - Cycle    |
| 10:00am | <b>Classical Yoga</b><br>Dawn<br>60 mins - AB  |   | <b>Yoga</b><br>Keith<br>60 mins - AB         |   | <b>Classical Yoga</b><br>Dawn<br>60 mins - AB  |  |
| 4:15pm  | <b>BodyPump™</b><br>Tiff<br>45 mins - AB       | <b>Warrior Ride</b><br>Jason<br>30 mins - Cycle |  |   |  |  |
| 4:45pm  |  |   | <b>POUND®</b><br>Rebecca<br>30 mins - AB     | <b>Warrior Ride</b><br>Jason<br>45 mins - Cycle |  |  |
| 5:00pm  | <b>Cycle</b><br>Jody<br>45 mins - Cycle        | <b>Warrior Ride</b><br>Jason<br>30 mins - Cycle | <b>Cycle</b><br>Paula<br>45 mins - Cycle     |   |  |  |
| 5:00pm  | <b>GRIT™ Athletic</b><br>Chuck<br>30 mins - GF | <b>CXWORX™</b><br>Jeanne<br>30 mins - AB        | <b>GRIT™ Cardio</b><br>Chuck<br>30 mins - GF | <b>GRIT™ Strength</b><br>Jess C<br>30 mins - GF |  |  |
| 5:30pm  | <b>BodyPump™</b><br>Jess J<br>60 mins - AB     | <b>BodyStep™</b><br>Kathy<br>45 mins - GF       |  | <b>Yoga</b><br>Vani<br>60 mins - AB             |  |  |
| 5:45pm  |  | <b>SPRINT™</b><br>Jeanne<br>30 mins - Cycle     | <b>BodyPump™</b><br>Tereza<br>60 mins - AB   | <b>RPM™</b><br>Jeanne<br>45 mins - Cycle        |  |  |
| 5:45pm  | <b>ZUMBA®</b><br>Andy<br>45 mins - GF          | <b>BodyFlow™</b><br>Tereza<br>45 mins - AB      | <b>STRONG30®</b><br>Andy<br>30 mins - GF     | <b>BodyCombat™</b><br>Jess C<br>45 mins - GF    |  |  |

### WHAT CHANGES CAN I EXPECT DURING AND AFTER CLASS?

- Class capacity will be limited due to physical distance requirements.
- A minimum of six feet physical distance will be required during class.
- The floor and cycling bikes will be marked.
- Members should bring their own mats, towels and water bottles.
- Masks are recommended before and after class.
- Classes that require equipment use will be set up prior to class. After class members will leave and equipment will be cleaned and put away.
- Group Exercise and Cycling rooms and equipment will be cleaned after each class.
- Classes must have a minimum of 3 members preregistered or the class will be canceled. If class minimum is not met, the class will be canceled 30 minutes prior to the start of the class. Members and registered will be notified.
- Classes are only open to active Y members. No visitors or guests.

### PREREGISTRATION FOR CLASS IS REQUIRED. HOW DO I PREREGISTER?

- Preregistering for class is required due limited class size.
- Each member must preregister before class to make sure your spot is reserved.
- We are discouraging drop-ins. If class is at capacity you will not be able to participate.
- A Y account must be set up to register for classes online. Y accounts can be set up at [www.qsvymca.org](http://www.qsvymca.org) – click on MY ACCOUNT. Other options to register for classes are in person at the front desk or call the front desk of your home branch.
- Classes will open for registration as follows:
  - Monday and Tuesday classes will open Friday
  - Wednesday class will open Monday
  - Thursday class will open Tuesday
  - Friday class will open Wednesday
  - Saturday class will open Thursday
- If you registered and are not able to attend class, please contact your home branch ASAP to have your name removed from the class.

### CAN I HANG OUT AND SOCIALIZE AFTER MY WORKOUT?

- While we understand that connecting with others is an integral part of the Y experience, we also have to balance that with our need to be safe.
- We have removed community seating areas.
- We ask that you arrive for class no more than 10 minutes prior to the start of the class.
- Members are more than welcome to visit outside the Y, at a safe distance, before and after class.