


**Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule
September 7-12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	CLOSED		GRIT™ Cardio Jeanne 30 mins - GF		BodyPump™ Jess C 45 mins - GF	
5:45am	HAPPY LABOR DAY!		Cycle Erv 45 mins - Cycle		Cycle Jody 45 mins - Cycle	
8:15am				BodyFlow™ Tereza 45 mins - GF		RPM™ Jason 45 mins - Cycle
8:30am						GRIT™ Strength Jeanne 30 mins - GF
9:00am			SilverSneakers® Circuit Dolores Court 2		SilverSneakers® Classic Dolores Court 2	
9:00am	CLOSED	BodyPump™ Sheila 60 mins - AB	RPM™ Barry 45 mins - Cycle	BodyPump™ Sheila 60 mins - AB	RPM™ Lacey 45 mins - Cycle	
9:15am	HAPPY LABOR DAY!	ZUMBA® Andy 45 mins - GF	BodyAttack™ Sheila 45 mins - GF	POUND® Rebecca 45 mins - GF		BodyPump™ Jason 60 mins - AB
9:15am						SPRINT™ Jeanne 30 mins - Cycle
10:00am			Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB	
4:15pm	CLOSED	Warrior Ride Jason 30 mins - Cycle		Warrior Ride Jason 30 mins - Cycle		
5:00pm	HAPPY LABOR DAY!	Warrior Ride Jason 30 mins - Cycle		Warrior Ride Jason 30 mins - Cycle		
5:00pm		CXWORX™ Sheila 30 mins - GF	STRONG30® Andy 30 mins - GF	GRIT™ Strength Jess C 30 mins - GF		
5:30pm			Cycle Paula 45 mins - Cycle			
5:30pm	CLOSED		BodyPump™ Tereza 60 mins - AB	Yoga Vani 60 mins - AB		
5:45pm	HAPPY LABOR DAY!			RPM™ Jeanne 45 mins - Cycle		
5:45pm		BodyStep™ Sheila 45 mins - GF	GRIT™ Athletic Jess J 30 mins - GF	BodyCombat™ Jess C 45 mins - GF		
6:00pm		BodyFlow™ Tereza 45 mins - AB				