


**Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule
September 21-26**

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