


Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule

November 9-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Pure Strength Sonya 45 mins - GF		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				Pure Strength Sonya 45 mins - GF	BodyPump™ Jason 60 mins - AB
8:30am						Cycle Paula 45 mins - Cycle
8:45am	Chair Yoga Dawn 45 mins - AB					GRIT™ Cardio Jess C 30 mins - GF
9:00am	SilverSneakers® Classic Dolores Court 2		SilverSneakers® Circuit Dolores Court 2	SilverSneakers® Circuit Rebecca Court 2	SilverSneakers® Classic Dolores Court 2	
9:00am	RPM™ Barry 45 mins - Cycle	BodyPump™ Sheila 60 mins - AB		BodyPump™ Sheila 60 mins - AB	RPM™ Barry 45 mins - Cycle	
9:15am		ZUMBA® Angella 45 mins - GF	BodyAttack™ Sheila 45 mins - GF			
9:30am						CXWORX™ Jess C 45 mins - GF
9:30am					BodyCombat™ Rebecca 45 mins - GF	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™ Tiff 45 mins - AB					
4:45pm		Warrior Ride Jason 30 mins - Cycle		Warrior Ride Jason 30 mins - Cycle		
5:00pm	GRIT™ Athletic Chuck 30 mins - GF	CXWORX™ Sheila 30 mins - GF	STRONG45® Andy 45 mins - GF	GRIT™ Strength Jess C 30 mins - GF		
5:30pm	Cycle Paula 45 mins - Cycle	SPRINT™ Jeanne 30 mins - Cycle	Cycle Paula 45 mins - Cycle	SPRINT™ Jeanne 30 mins - Cycle		
5:30pm	BodyPump™ Jess J 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		
5:45pm		BodyFlow™ Tereza 45 mins - AB				
6:00pm	ZUMBA® Andy 45 mins - GF					