


**Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule  
November 16-21**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	<b>Pure Strength</b> Sonya 45 mins - GF		<b>GRIT™ Strength</b> Jeanne 30 mins - GF		<b>BodyPump™</b> Jess C 45 mins - GF	
5:45am	<b>RPM™</b> Barry 45 mins - Cycle		<b>Cycle</b> Erv 45 mins - Cycle		<b>Cycle</b> Jody 45 mins - Cycle	
8:15am	<b>ZUMBA®</b> Andy 45 mins - GF				<b>Pure Strength</b> Sonya 45 mins - GF	<b>BodyFlow™</b> Tereza 45 mins - AB
8:45am	<b>Chair Yoga</b> Dawn 45 mins - AB					
9:00am	<b>SilverSneakers® Classic</b> Dolores Court 2		<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>SilverSneakers® Circuit</b> Rebecca Court 2	<b>SilverSneakers® Classic</b> Dolores Court 2	<b>Hip N' Fit</b> Valerie 45 mins - GF
9:00am	<b>RPM™</b> Lacey 45 mins - Cycle	<b>BodyPump™</b> Sheila 60 mins - AB		<b>BodyPump™</b> Sheila 60 mins - AB	<b>RPM™</b> Barry 45 mins - Cycle	<b>RPM™</b> Jason 45 mins - Cycle
9:15am		<b>ZUMBA®</b> Angella 45 mins - GF	<b>BodyAttack™</b> Sheila 45 mins - GF		<b>BodyCombat™</b> Rebecca 45 mins - GF	
10:00am	<b>Classical Yoga</b> Dawn 60 mins - AB		<b>Yoga</b> Keith 60 mins - AB		<b>Classical Yoga</b> Dawn 60 mins - AB	<b>BodyPump™</b> Jason 60 mins - GF
4:00pm		<b>Warrior Ride</b> Jason 30 mins - Cycle		<b>Warrior Ride</b> Jason 30 mins - Cycle		
4:15pm	<b>BodyPump™</b> Tiff 45 mins - AB					
4:45pm		<b>Warrior Ride</b> Jason 30 mins - Cycle		<b>Warrior Ride</b> Jason 30 mins - Cycle		
5:00pm	<b>GRIT™ Strength</b> Chuck 30 mins - GF	<b>CXWORX™</b> Sheila 30 mins - GF	<b>STRONG45®</b> Andy 45 mins - GF	<b>GRIT™ Cardio</b> Jess C 30 mins - GF		
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle	<b>RPM™</b> Lacey 45 mins - Cycle	<b>Cycle</b> Paula 45 mins - Cycle	<b>SPRINT™</b> Jeanne 30 mins - Cycle		
5:30pm	<b>BodyPump™</b> Jess J 60 mins - AB		<b>BodyPump™</b> Tereza 60 mins - AB	<b>Yoga</b> Vani 60 mins - AB		
5:45pm		<b>BodyStep™</b> Sheila 45 mins - GF		<b>BodyCombat™</b> Jess C 45 mins - GF		
5:45pm		<b>BodyFlow™</b> Tereza 45 mins - AB				
6:00pm	<b>ZUMBA®</b> Andy 45 mins - GF					