


Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule March 8-13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	RPM™ Jeanne 45 mins - Cycle	Pure Strength Sonya 45 mins - GF	Cycle Jody 45 mins - Cycle	Les Mills Core™ Jeanne 45 mins - GF	Cycle Erv 45 mins - Cycle	
9:00am	SilverSneakers® Classic Dolores Court 2		SilverSneakers® Circuit Dolores Court 2		SilverSneakers® Classic Dolores Court 2	BodyAttack™ Sheila 45 mins - GF
9:00am	POUND® Rebecca 45 mins - GF	BodyPump™ Sheila 60 mins - AB	RPM™ Barry 45 mins - Cycle	BodyPump™ Sheila 60 mins - AB		RPM™ Jason 45 mins - Cycle
10:00am	Classical Yoga Dawn 60 mins - AB				Classical Yoga Dawn 60 mins - AB	BodyPump™ Jason 60 mins - GF
10:15am		BodyAttack™ Sheila 30 mins - GF		BodyStep™ Sheila 30 mins - GF	BodyCombat™ Rebecca 45 mins - GF	
4:15pm		Warrior Ride Jason 45 mins - Cycle		Warrior Ride Jason 45 mins - Cycle		
5:00pm	GRIT™ Strength Chuck 30 mins - GF	Les Mills Core™ Sheila 30 mins - GF	STRONG45® Andy 45 mins - GF	GRIT™ Cardio Jess C 30 mins - GF		
5:30pm	Cycle Paula 45 mins - Cycle	SPRINT™ Jeanne 30 mins - Cycle	Cycle Paula 45 mins - Cycle	RPM™ Jeanne 45 mins - Cycle		
5:30pm			BodyPump™ Tereza 60 mins - AB	Yoga Vani 60 mins - AB		
5:45pm	BodyPump™ Jess J 60 mins - AB	BodyStep™ Sheila 45 mins - GF		BodyCombat™ Jess C 45 mins - GF		
5:45pm		BodyFlow™ Tereza 60 mins - AB				