


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

May 10-16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle	Pure Strength Sonya 45 mins - GF	RPM™ Jeanne 45 mins - Cycle	Les Mills Core™ Jeanne 30 mins - GF	Cycle Jody 45 mins - Cycle		
8:15am					Pure Strength Sonya 45 mins - GF	BodyPump™ Jason 60 mins - GF	
8:30am	Chair Yoga Keith 60 mins - AB					RPM™ Lacey 45 mins - Cycle	RPM™ Jeanne 45 mins - Cycle
9:00am	SilverSneakers® Classic Dolores Court 2		SilverSneakers® Circuit Dolores Court 2		SilverSneakers® Classic Dolores Court 2		
9:00am		BodyPump™ Sheila 60 mins - GF	RPM™ Barry 45 mins - Cycle	BodyPump™ Sheila 60 mins - AB			
9:30am					BodyAttack™ Kathy 45 mins - GF	BodyPump™ Lacey 45 mins - GF	BodyFlow™ Jeanne 45 mins - AB
9:30am						RPM™ Jason 45 mins - Cycle	
10:00am	Classical Yoga Dawn 60 mins - AB				Classical Yoga Dawn 60 mins - AB		
10:15am		BodyAttack™ Sheila 45 mins - GF		BodyStep™ Sheila 45 mins - GF			
4:15pm	BodyPump™ Lacey 45 mins - AB	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		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					