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

July 19-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	**Cycle** Jody 45 mins - Cycle	**Pure Strength** Sonya 45 mins - GF	**RPM™** Jeanne 45 mins - Cycle	**GRIT™ Strength** Jeanne 30 mins - GF	**RPM™** Barry 45 mins - Cycle		
8:15am	**Warrior Workout** Jason 45 mins - GF				**Pure Strength** Sonya 45 mins - GF	**BodyPump™** Jason 60 mins - AB	
8:30am						**BodyAttack™** Sheila 45 mins - GF	**RPM™** Phyllis 45 mins - Cycle
9:00am	**SilverSneakers® Classic** Dolores & Paula Court 2	**BodyPump™** Lacey 60 mins - AB	**SilverSneakers® Circuit** Dolores & Lynn Court 2	**BodyPump™** Sheila 60 mins - AB	**SilverSneakers® Classic** Dolores & Paula Court 2		
9:15am	**Warrior Ride** Jason 45 mins - Cycle	**ZUMBA®** Judi 45 mins - GF			**BodyAttack™** Kathy 45 mins - GF	**Les Mills Core™** Sheila 45 mins - GF	
9:30am						**RPM™** Jason 45 mins - Cycle	**BodyFlow™** Tereza 60 mins - AB
10:00am	**Classical Yoga** Dawn 60 mins - AB		**Classical Yoga** Dawn 60 mins - AB		**Chair Yoga** Keith 60 mins - AB		
10:15am		**BodyFlow™** Lacey 60 mins - AB		**BodyStep™** Sheila 45 mins - GF			
4:15pm	**BodyPump™** Lacey 45 mins - AB	**Warrior Ride** Jason 45 mins - Cycle	**RPM™** Barry 45 mins - Cycle	**Warrior Ride** Jason 45 mins - Cycle	**POUND®** Rebecca 45 mins - GF		
5:00pm	**GRIT™ Athletic** Chuck 30 mins - GF	**Les Mills Core™** Jess C 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™** Lacey 45 mins - Cycle			
5:30pm			**BodyPump™** Tereza 60 mins - AB	**Yoga** Keith 60 mins - AB			
5:45pm	**BodyPump™** Jess J 60 mins - AB	**BodyCombat™** Rebecca 45 mins - GF		**BodyCombat™** Jess C 45 mins - GF			
5:45pm		**BodyFlow™** Tereza 60 mins - AB					