

## Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule July 26 - August 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	<b>Cycle</b> Erv 45 mins - Cycle	<b>Pure Strength</b> Sonya 45 mins - GF	<b>RPM™</b> Jeanne 45 mins - Cycle	<b>Ball Blast</b> Sonya 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle		
8:15am					<b>Pure Strength</b> Sonya 45 mins - GF	<b>BodyPump™</b> Jason 60 mins - AB	
8:30am							<b>RPM™</b> Lacey 45 mins - Cycle
9:00am	<b>SilverSneakers® Classic</b> Dolores Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Classic</b> Dolores Court 2		
9:15am		<b>ZUMBA®</b> Judi 45 mins - GF			<b>BodyAttack™</b> Kathy 45 mins - GF		
9:30am						<b>RPM™</b> Jason 45 mins - Cycle	<b>BodyFlow™</b> Lacey 60 mins - AB
10:00am	<b>SilverSneakers® Circuit</b> Dolores Court 2						
10:00am	<b>BodyFlow™</b> Tereza 60 mins - AB		<b>Chair Yoga</b> Keith 60 mins - AB		<b>Yoga</b> Keith 60 mins - AB		
10:15am		<b>BodyAttack™</b> Sheila 45 mins - GF		<b>BodyStep™</b> Sheila 45 mins - GF			
4:15pm	<b>BodyPump™</b> Sheila 45 mins - AB	<b>Warrior Ride</b> Jason 45 mins - Cycle	<b>RPM™</b> Barry 45 mins - Cycle	<b>Warrior Ride</b> Jason 45 mins - Cycle	<b>POUND®</b> Rebecca 45 mins - GF		
5:00pm	<b>GRIT™ Strength</b> Chuck 30 mins - GF	<b>Les Mills Core™</b> Sheila 30 mins - GF	<b>STRONG45®</b> Andy 45 mins - GF	<b>GRIT™ Athletic</b> Jess C 30 mins - GF			
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle		<b>Cycle</b> Paula 45 mins - Cycle	<b>RPM™</b> Jeanne 45 mins - Cycle			
5:30pm			<b>BodyPump™</b> Tereza 60 mins - AB	<b>Yoga</b> Vani 90 mins - AB			
5:45pm	<b>BodyPump™</b> Jess J 60 mins - AB	<b>BodyStep™</b> Sheila 45 mins - GF		<b>BodyCombat™</b> Jess C 45 mins - GF			
5:45pm		<b>BodyFlow™</b> Tereza 60 mins - AB					

