


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

August 2 - 8

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