


Lewisburg YMCA at the Miller Center Group Exercise and Cycling Class Schedule August 9-15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45am	RPM™ Jeanne 45 mins - Cycle	BodyPump™ Jess C 45 mins - GF	Cycle Jody 45 mins - Cycle	Legs and Abs Sonya 45 mins - GF	Cycle Erv 45 mins - Cycle			
8:15am					Pure Strength Sonya 45 mins - GF	BodyPump™ Jason 60 mins - AB		
8:30am						BodyAttack™ Sheila 45 mins - GF	RPM™ Jeanne 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	Les Mills Core™ Sheila 45 mins - GF		
9:30am						RPM™ Jason 45 mins - Cycle	BodyFlow™ Jeanne 60 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™ Lacey 45 mins - AB	Warrior Ride Jason 45 mins - Cycle		Warrior Ride Jason 45 mins - Cycle	POUND® Rebecca 45 mins - GF			
5:00pm	GRIT™ Athletic Jess C 30 mins - GF	Les Mills Core™ Sheila 30 mins - GF	STRONG45® Andy 45 mins - GF	Boot Camp Jess C 30 mins - GF				
5:30pm	RPM™ Lacey 45 mins - Cycle		RPM™ Barry 45 mins - Cycle	RPM™ Jeanne 45 mins - Cycle				
5:30pm			BodyPump™ Tereza 60 mins - AB	Yoga Vani 90 mins - AB				
5:45pm	BodyPump™ Tereza 60 mins - AB	BodyStep™ Sheila 45 mins - GF		BodyCombat™ Jess C 45 mins - GF				
5:45pm		BodyFlow™ Tereza 60 mins - AB						