


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

September 6 - September 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	CLOSED FOR LABOR DAY	Pure Strength Sonya 45 mins - GF	RPM™ Jeanne 45 mins - Cycle	BodyFlow™ Jeanne 45 mins - GF	Cycle Jody 45 mins - Cycle		
8:15am					Pure Strength Sonya 45 mins - GF	BodyPump™ Jason 60 mins - AB	
8:30am			Bring a Friend Classical Yoga Dawn 60 mins - AB		Bring a Friend Classical Yoga Dawn 60 mins - AB		RPM™ Lacey 45 mins - Cycle
9:00am	CLOSED FOR LABOR DAY	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Classic Dolores & Adrienne Court 2	BodyAttack™ Sheila 60 mins - GF	
9:15am		ZUMBA® Judi 60 mins - GF			BodyAttack™ Kathy 45 mins - GF		
9:25am						ZUMBA® Step Judi 45 mins - AB	
9:30am						RPM™ Jason 45 mins - Cycle	BodyFlow™ Lacey 60 mins - GF
10:00am	CLOSED FOR LABOR DAY	RPM™ Barry 45 mins - Cycle	Bring a Friend SilverSneakers® Circuit Dolores Court 2		Bring a Friend SilverSneakers® Classic Dolores Court 2		
10:00am			Chair Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB		
10:15am		BodyAttack™ Sheila 45 mins - GF		BodyStep™ Sheila 45 mins - GF			
4:15pm		Warrior Ride Jason 45 mins - Cycle	GRIT™ Cardio Tiff 30 mins - GF	Warrior Ride Jason 45 mins - Cycle		<p style="text-align: center;">*Members can bring friends for FREE to ANY classes this week!</p> 	
5:00pm	CLOSED FOR LABOR DAY	Les Mills Core™ Sheila 30 mins - GF	STRONG45® Andy 45 mins - GF	Boot Camp Jess C 30 mins - GF			
5:30pm			Cycle Paula 45 mins - Cycle	RPM™ Jeanne 45 mins - Cycle			
5:30pm	CLOSED FOR LABOR DAY		BodyPump™ Tereza 60 mins - AB	Yoga Vani 90 mins - AB			
5:35pm		BodyStep™ Sheila 60 mins - GF		BodyCombat™ Jess C 60 mins - GF			
5:45pm		BodyFlow™ Tereza 60 mins - AB					
6:35pm			Bring a Friend BodyFlow™ Tereza 60 mins - AB				