

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

September 13-19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle	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 - GF	
8:30am						Cycle Paula 45 mins - Cycle	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 & Adrienne Court 2		
9:15am		ZUMBA® Judi 60 mins - GF			BodyAttack™ Kathy 45 mins - GF		
9:30am						RPM™ Jason 45 mins - Cycle	PiYo® LIVE Jess C 60 mins - GF
10:00am	SilverSneakers® Circuit Dolores Court 2	Cycle Taryn 45 mins - Cycle					
10:00am	Classical Yoga Dawn 60 mins - AB		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	BodyPump™ Tiff 45 mins - AB	Warrior Ride Jason 45 mins - Cycle	GRIT™ Strength Tiff 30 mins - GF	Warrior Ride Jason 45 mins - Cycle			
5:00pm		Les Mills Core™ Sheila 30 mins - GF	STRONG45® Andy 45 mins - GF	Boot Camp Jess C 30 mins - GF			
5:10pm	GRIT™ Athletic Tiff 30 mins - GF						
5:30pm	Cycle Paula 45 mins - Cycle		Cycle Paula 45 mins - Cycle	RPM™ Jeanne 45 mins - Cycle			
5:30pm			BodyPump™ Tereza 60 mins - AB	Yoga Vani 90 mins - AB			
5:35pm	BodyPump™ Lacey 60 mins - AB	BodyStep™ Sheila 45 mins - GF		BodyCombat™ Jess C 60 mins - GF			
5:45pm	POUND® Rebecca 30 mins - GF	BodyFlow™ Tereza 60 mins - AB					
6:35pm			BodyFlow™ Tereza 60 mins - AB				

