

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

## October 11-17

	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>Les Mills Core™</b> Jeanne 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle		
5:45am			<b>Step Interval</b> Sonya 45 mins - GF		<b>BodyPump™</b> Jess C 45 mins - GF		
8:15am					<b>Pure Strength</b> Sonya 45 mins - GF	<b>BodyPump™</b> Jason 60 mins - GF	
8:30am							
9:00am	<b>SilverSneakers® Classic</b> Dolores & Adrienne Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Circuit</b> Dolores & Lynn Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Classic</b> Dolores Court 2		<b>RPM™</b> Jason 45 mins - Cycle
9:00am	<b>Chair Yoga</b> Dawn 45 mins - AB		<b>Les Mills Core™</b> Sheila 45 mins - GF	<b>Zumba®/Zumba Toning</b> Jen 60 mins - GF			
9:15am					<b>BodyStep™</b> Kathy 45 mins - GF		
9:30am						<b>BodyAttack™</b> Sheila 60 mins - GF	
9:30am						<b>RPM™</b> Jason 60 mins - Cycle	
10:00am	<b>SilverSneakers® Circuit</b> Adrienne Court 2		<b>SilverSneakers® Classic</b> Dolores Court 2		<b>SilverSneakers® Circuit</b> Dolores Court 2		<b>Power Yoga</b> Autumn 45 mins - AB
10:00am	<b>Classical Yoga</b> Dawn 60 mins - AB	<b>RPM™</b> Barry 45 mins - Cycle	<b>Chair Yoga</b> Keith 60 mins - AB	<b>RPM™</b> Barry 45 mins - Cycle	<b>Classical Yoga</b> Dawn 60 mins - AB		
10:15am		<b>Boot Camp</b> Taryn 45 mins - GF					
4:00pm		<b>Warrior Ride</b> Jason 30 mins - Cycle		<b>Warrior Ride</b> Jason 30 mins - Cycle			
4:30pm	<b>PiYo® LIVE</b> Jess C 45 mins - GF		<b>BodyPump™</b> Jess C 45 mins - AB				
4:45pm		<b>Warrior Ride</b> Jason 30 mins - Cycle		<b>Warrior Ride</b> Jason 30 mins - Cycle			
5:00pm		<b>GRIT™ Athletic</b> Jeanne 30 mins - GF	<b>STRONG45®</b> Andy 45 mins - GF	<b>GRIT™ Strength</b> Jess C 30 mins - GF			
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle		<b>Cycle</b> Taryn 45 mins - Cycle				
5:30pm	<b>GRIT™ Cardio</b> Jess C 30 mins - GF	<b>**New Time*** BodyFlow™</b> Tereza 60 mins - AB	<b>BodyPump™</b> Tereza 60 mins - AB	<b>Yoga</b> Vani 90 mins - AB			
5:35pm	<b>BodyPump™</b> Tereza 60 mins - AB	<b>BodyAttack™</b> Kathy 60 mins - GF		<b>BodyCombat™</b> Jess C 60 mins - GF			
6:35pm			<b>BodyFlow™</b> Tereza 60 mins - AB				

