

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

## October 18-24

	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>BodyFlow™</b> Jeanne 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle		
5:45am	<b>Power Yoga</b> Autumn 45 mins - GF		<b>Circuit</b> Sonya 45 mins - GF		<b>BodyCombat™</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							<b>Cycle</b> Jess C 45 mins - Cycle
9:00am	<b>SilverSneakers® Classic</b> Dolores 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 & Adrienne Court 2		
9:00am	<b>Chair Yoga</b> Dawn 45 mins - AB					<b>BodyFlow™</b> Tereza 60 mins - AB	
9:15am	<b>Zumba®</b> Jen 60 mins - GF		<b>BodyAttack™</b> Kathy 45 mins - GF	<b>Zumba®/Zumba Toning</b> Jen 60 mins - GF	<b>Yoga Sculpt</b> Autumn 45 mins - GF		
9:30am						<b>RPM™</b> Jason 60 mins - Cycle	<b>PiYo® LIVE</b> Jess C 60 mins - GF
10:00am	<b>SilverSneakers® Circuit</b> Dolores Court 2		<b>SilverSneakers® Classic</b> Dolores Court 2		<b>SilverSneakers® Circuit</b> Adrienne Court 2		
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		
4:15pm		<b>Warrior Ride</b> Jason 45 mins - Cycle		<b>Warrior Ride</b> Jason 45 mins - Cycle			
4:30pm		<b>Les Mills Core™</b> Jess C 45 mins - GF	<b>BodyPump™</b> Jess C 60 mins - AB				
5:00pm	<b>Cardio Kick</b> Taryn 45 mins - GF		<b>STRONG45®</b> Andy 45 mins - GF	<b>GRIT Athletic™</b> Jeanne 30 mins - GF			
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle	<b>GRIT™ Cardio</b> Jess C 30 mins - GF	<b>Cycle</b> Paula 45 mins - Cycle				
5:30pm	<b>BodyPump™</b> Tereza 60 mins - AB	<b>BodyFlow™</b> Tereza 60 mins - AB		<b>Yoga</b> Vani 90 mins - AB			
5:35pm			<b>BodyPump™</b> Tereza 45 mins - AB	<b>BodyCombat™</b> Rebecca 60 mins - GF			
6:30pm			<b>Yin Yoga</b> Autumn 60 mins - AB				

