

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

November 22-28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	RPM™ Jeanne 45 mins - Cycle	Pure Strength Sonya 45 mins - GF	Cycle Jess C 45 mins - Cycle	Happy Thanksgiving!!	Cycle Jody 45 mins - Cycle		
5:45am	Plyoga Taryn 45 mins - GF		Ball Blast Sonya 45 mins - GF		GRIT™ Cardio Jess C 30 mins - GF		
8:00am				C	RPM™ Barry 45 mins - Cycle		
8:15am						BodyPump™ Jason 60 mins - GF	
8:30am				L	Boot Camp Jody/Jason 60 mins- Sports Performance Area		Cycle Taryn 45 mins - Cycle
9:00am	SilverSneakers® Classic Dolores & Adrienne Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn Court 2		SilverSneakers® Classic Dolores & Paula Court 2		
9:00am	Zumba®/Zumba Toning Jen 60 mins - GF	Zumba® Jen 60 mins - GF	BodyAttack™ Kathy 60 mins - GF	O			
9:00am	Chair Yoga Dawn 45 mins - AB		Classical Yoga Dawn 45 mins - AB		BodyStep™ Kathy 45 mins - GF	BodyFlow™ Lacey 60 mins - AB	
9:30am				S	Warrior Ride Jason 45 mins - Cycle	Zumba®/Zumba Toning Jen 60 mins - GF	
9:30am						RPM™ Jason 60 mins - Cycle	Yinyasa Autumn 90 mins - AB
10:00am	SilverSneakers® Circuit Adrienne Court 2	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores Court 2	E	SilverSneakers® Circuit Dolores Court 2		
10:00am	Classical Yoga Dawn 60 mins - AB		Chair Yoga Keith 60 mins - AB		Yoga Keith 60 mins - AB		
10:15am				D	Pure Strength Paula 45 mins - GF		
4:15pm		Warrior Ride Jason 60 mins - Cycle					
4:30pm	Les Mills Core™ Jess C 30 mins - GF		BodyPump™ Jess C 60 mins - AB	Enjoy your feast now...			
5:00pm	Boot Camp Jess C 45 mins - GF	GRIT™ Strength Jeanne 30 mins - GF	STRONG45® Andy 45 mins - GF				
5:30pm	Cycle Paula 45 mins - Cycle	Yoga Sculpt Autumn 60 mins - AB	Cycle Paula 45 mins - Cycle	...come work it off with us			
5:35pm	BodyPump™ Tereza 60 mins - AB	BodyCombat™ Rebecca 45 mins - GF	BodyPump™ Tereza 45 mins - AB				
6:30pm			BodyFlow™ Tereza 60 mins - AB	tomorrow!			

