

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

November 29-December 5

	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	Les Mills Core™ Jeanne 45 mins - GF	Cycle Jody 45 mins - Cycle		
5:45am	Yoga Sculpt Autumn 45 mins - C		Legs and Abs Sonya 45 mins - GF		Boot Camp Jess 45 mins - GF		
8:00am				BodyAttack™ Kathy 60 mins - GF	Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - GF	
8:30am			Classical Yoga Dawn 60 mins - AB			RPM™ Lacey 45 mins - Cycle	RPM™ Tereza 45 mins - Cycle
9:00am	SilverSneakers® Classic Dolores & Adrienne Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Classic Dolores Court 2		
9:00am		Zumba® Jen 60 mins - GF	Zumba®/Zumba Toning Jen 60 mins - GF		BodyStep™ Kathy 60 mins - GF		
9:00am					Chair Yoga Dawn 45 mins - AB		
9:30am						BodyPump™ Lacey 45 mins - GF	
9:30am						RPM™ Jason 60 mins - Cycle	BodyFlow™ Tereza 60 mins - AB
10:00am	SilverSneakers® Circuit Adrienne Court 2	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores Court 2	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores Court 2		
10:00am			Chair Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB		
4:15pm		Warrior Ride Jason 60 mins - Cycle		Warrior Ride Jason 45 mins - Cycle			
4:30pm	Pure Strength Paula 45 mins - AB		BodyPump™ Lacey 60 mins - AB	Power Yoga Autumn 45 mins - AB			
5:00pm	GRIT™ Athletic Jess 30 mins - GF	GRIT™ Strength Jeanne 30 mins - GF	STRONG45® Andy 45 mins - GF				
5:15pm				Warrior Workout Jason 30 mins - GF			
5:30pm	Cycle Paula 45 mins - Cycle	BodyFlow™ Tereza 60 mins - AB	Cycle Paula 45 mins - Cycle	Yoga Vani 90 mins - AB			
5:35pm	BodyPump™ Jess 60 mins - GF	BodyCombat™ Jess 45 mins - GF	BodyPump™ Tereza 45 mins - AB				
6:30pm			Yin Yoga Autumn 60 mins - AB				

