


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

## January 17-23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	<b>Cycle</b> Jody 45 mins - Cycle	<b>Pure Strength</b> Sonya 45 mins - GF	<b>LAUNCH!</b> <b>RPM™</b> Jeanne 45 mins - Cycle	<b>LAUNCH!</b> <b>GRIT™ Strength</b> Jeanne 30 mins - GF	<b>Cycle</b> Erv 45 mins - Cycle		
5:45am			<b>Circuit</b> Sonya 45 mins - GF				
8:00am				<b>BodyAttack™</b> Kathy 45 mins - GF	<b>Pure Strength</b> Sonya 60 mins - GF		
8:15am						<b>LAUNCH!</b> <b>BodyPump™</b> Jason/Tereza 60 mins - AB	
8:30am							<b>LAUNCH!</b> <b>RPM™</b> Lacey 45 mins - Cycle
9:00am	<b>SilverSneakers® Classic</b> Dolores & Rebecca Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Circuit</b> Dolores & Lynn Court 2	<b>LAUNCH!</b> <b>BodyPump™</b> Sheila/Lacey 60 mins - AB	<b>SilverSneakers® Classic</b> Dolores Court 2	<b>LAUNCH!</b> <b>BodyCombat™</b> Jess 60 mins - GF	
9:00am	<b>Chair Yoga</b> Dawn 45 mins - AB	<b>Zumba®</b> Judi 60 mins -GF	<b>BodyStep™</b> Kathy 60 mins - GF		<b>Zumba® / Zumba Toning</b> Jen 60 mins - GF		
9:30am	<b>Boot Camp</b> Emily 45 mins - GF					<b>LAUNCH!</b> <b>RPM™</b> Jason 60 mins - Cycle	<b>LAUNCH!</b> <b>BodyFlow™</b> Tereza/Lacey 60 mins - AB
9:30am						<b>Yoga Sculpt</b> Autumn 45 mins - AB	
10:00am	<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>LAUNCH!</b> <b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>LAUNCH!</b> <b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Dolores Court 2		
10:00am	<b>Classical Yoga</b> Dawn 60 mins - AB		<b>Chair Yoga</b> Keith 60 mins - AB		<b>Classical Yoga</b> Dawn 60 mins - AB		
11:15am				<b>Power Yoga</b> Autumn 45 mins - AB			
4:15pm		<b>Warrior Ride</b> Jason 60 mins - Cycle		<b>Warrior Ride</b> Jason 60 mins - Cycle	PLEASE ARRIVE 5 MINUTES EARLY TO SET UP FOR CLASSES!		
4:30pm	<b>POUND®</b> Rebecca 45mins - GF	<b>BodyPump™</b> Jess 60 mins - AB					
4:45pm	<b>Les Mills Core™</b> Jess 30 mins - AB		<b>STRONG45®</b> Andy 45 mins - GF	<b>Boot Camp</b> Sheila P 45 mins - GF			
5:00pm		<b>Zumba®</b> Jen 60 mins -GF					
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle		<b>Cycle</b> Paula 45 mins - Cycle				
5:30pm	<b>Yoga Pop</b> Krista 60 mins - AB		<b>LAUNCH!</b> <b>BodyFlow™</b> Tereza/Lacey 60 mins - AB	<b>Yin Yoga</b> Autumn 60 mins - AB			
5:35pm	<b>LAUNCH!</b> <b>GRIT™ Cardio</b> Jess 30 mins - GF	<b>BodyPump™</b> Tereza 45 mins - AB	<b>Boot Camp</b> Emily 45 mins - GF	<b>LAUNCH!</b> <b>BodyPump™</b> Tereza/Jess 60 mins - GF			
6:30pm		<b>BodyFlow™</b> Tereza 60 mins - AB					