

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

May 9-15

	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 Circuit Sonya 45 mins - GF	GRIT™ Strength/ BodyFlow™ Jeanne 45 mins - GF	Cycle Jody 45 mins - Cycle		
8:00am					Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - AB	Cycle Jody 60 mins - Cycle
9:00am	SilverSneakers® Classic Dolores & Emily Court 2	Ripped Emily 45 mins - C	SilverSneakers® Circuit Dolores & Lynn Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Classic Dolores & Adrienne Court 2	Zumba@/ Zumba@Toning Jen 60 mins - GF	
	Chair Yoga Dawn 45 mins - AB	Zumba® Angella 60 mins - GF	BodyAttack™ Kathy 60 mins - GF	Zumba® Angella 60 mins - GF	BodyStep™ Kathy 60 mins - GF		
	Les Mills Core™ Stacy 45 mins - GF				RPM™ Barry 45 mins - Cycle		
9:30am						RPM™ Jason 60 mins - Cycle	Power Yoga Autumn 60 mins - AB
						BodyFlow™ Lacey 60 mins - AB	
10:00am	SilverSneakers® Circuit Dolores Court 2	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores Court 2	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Adrienne Court 2		
	Classical Yoga Dawn 60 mins - AB		Chair Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB		
11:00am		Power Yoga Catie 60 mins - C		Yin Yoga Autumn 60 mins - AB			
4:15pm		Warrior Ride/ Warrior Core Jason 75 mins - Cycle		Warrior Ride Jason 60 mins - Cycle	PLEASE ARRIVE 5 MINUTES EARLY TO SET UP!	DID YOU SIGN UP FOR YOUR CLASS?	MAKE SURE TO DOUBLE CHECK CLASS LOCATION!
4:30pm		BodyPump™ Jess 60 mins - AB					
4:45pm	BodyCombat™ Jess 60 mins - GF	Yoga Sculpt Autumn 45 mins - C	STRONG45® Andy 45 mins - GF	BodyPump™ Lacey 45 mins - GF	*Weather permitting		
5:00pm		Zumba@/ Zumba@Toning Jen 45 mins - GF	Circuit Taryn 45 mins - AB				
5:30pm	Cycle Paula 45 mins - Cycle		Cycle Paula 45 mins - Cycle	Boot Camp Jason 45 mins Outdoor Courtyard*			
	Yoga Pop Krista 60 mins Outdoor Courtyard*		GRIT™ Cardio Jess 30 mins - GF				
5:35pm		BodyPump™ Tereza 60 mins - AB					
5:45pm	Les Mills Core™ Jess 30 mins -GF	Boot Camp Jess 45 mins - GF	BodyFlow™ Tereza 60 mins - AB	BodyCombat™ Rebecca 45 mins - GF			
6:00pm			Les Mills Core™ Jess 30 mins -GF				

