

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

## May 16-22

	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>Sprint™ &amp; Core</b> Jeanne 45 mins - Cycle <hr/> <b>Ball Blast</b> Sonya 45 mins - GF	<b>Les Mills Core™</b> Jeanne 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle					
8:00am					<b>BodyPump™</b> Tereza 60 mins - GF					
8:15am						<b>BodyPump™</b> Jason 60 mins - AB	<b>BodyCombat™/ Les Mills Core™</b> Jess 70 mins - GF			
9:00am	<b>SilverSneakers® Classic</b> Dolores & Emily Court 2	<b>BodyPump™</b> Tereza 60 mins - AB	<b>SilverSneakers® Circuit</b> Dolores & Lynn Court 2	<b>BodyPump™</b> Sheila 60 mins - AB	<b>SilverSneakers® Classic</b> Dolores & Emily Court 2	<b>GRIT™ Athletic</b> Jeanne 30 mins - GF				
	<b>BodyCombat™</b> Stacy 60 mins - GF	<b>Zumba®</b> Angella 60 mins - GF	<b>BodyStep™</b> Kathy 60 mins - GF	<b>BodyAttack™</b> Kathy 60 mins - GF	<b>Yoga Sculpt</b> Autumn 60 mins - AB					
	<b>Chair Yoga</b> Dawn 45 mins - AB				<b>RPM™</b> Barry 45 mins - Cycle					
9:30am						<b>RPM™</b> Jason 60 mins - Cycle	<b>PiYo Live</b> Jess 60 mins - GF			
						<b>Power Yoga</b> Catie 45 mins - AB				
9:35am						<b>Les Mills Core™</b> Jeanne 45 mins - GF				
10:00am	<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Dolores Court 2	<b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Dolores Court 2					
	<b>Classical Yoga</b> Dawn 60 mins - AB		<b>Chair Yoga</b> Keith 60 mins - AB		<b>Classical Yoga</b> Dawn 60 mins - AB					
11:00am		<b>Restorative Yoga</b> Catie 60 mins - AB		<b>Power Yoga</b> Autumn 60 mins - AB						
4:15pm		<b>Warrior Ride/ Warrior Core</b> Jason 75 mins - Cycle		<b>Warrior Ride</b> Jason 60 mins - Cycle	<b>PLEASE ARRIVE 5 MINUTES EARLY TO SET UP!</b>	<b>DID YOU SIGN UP FOR YOUR CLASS?</b>	<b>MAKE SURE TO DOUBLE CHECK CLASS LOCATION!</b>			
4:30pm	<b>GRIT™ Strength</b> Jess 30 mins - GF		<b>BodyPump™</b> Jess 60 mins - AB	<b>Cardio Kick</b> Taryn 45 mins - GF						
4:45pm		<b>GRIT™ Cardio</b> Jess 30 mins - GF			*Weather permitting					
5:00pm	<b>Les Mills Core™</b> Jess 30 mins - GF	<b>Zumba®/ Zumba@Toning</b> Jen 45 mins - AB								
5:30pm	<b>Cycle</b> Paula 45 mins - Cycle		<b>Cycle</b> Paula 45 mins - Cycle	<b>Yin Yoga</b> Autumn 60 mins - C						
	<b>Yoga Pop</b> Krista 60 mins Outdoor Courtyard*	<b>BodyCombat™</b> Jess 60 mins - GF	<b>STRONG45®</b> Andy 45 mins - GF	<b>Boot Camp</b> Jason 45 mins Outdoor Courtyard*						
5:35pm			<b>BodyPump™</b> Tereza 45 mins - AB	<b>Zumba®/ Zumba@Toning</b> Jen 45 mins - GF						
5:45pm	<b>BodyPump™</b> Tereza 60 mins - GF	<b>BodyFlow™</b> Tereza 60 mins - AB								
6:30pm			<b>BodyFlow™</b> Tereza 60 mins - AB							

