



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

## May 30-June 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		<b>BodyCombat™</b> Rebecca 45 mins - GF	<b>RPM™</b> Jeanne 45 mins - Cycle <hr/> <b>Legs and Abs</b> Sonya 45 mins - GF	<b>BodyFlow™</b> Jeanne 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle		
8:00am					<b>Pure Strength</b> Sonya 60 mins - GF		
8:15am						<b>BodyPump™</b> Jason 60 mins - AB <hr/> <b>BodyStep™</b> Stacy 60 mins - GF	<b>RPM™</b> Lacey 60 mins - Cycle
9:00am		<b>BodyPump™</b> Sheila 60 mins - AB <hr/> <b>Zumba@/ Zumba@Toning</b> Judi 45 mins - GF	<b>SilverSneakers® Circuit</b> Paula & Lynn <i>Court 2</i> <hr/> <b>Cardio Boot Camp</b> Emily 45 mins - GF	<b>BodyPump™</b> Sheila 60 mins - AB <hr/> <b>Zumba Sentao@/ Zumba@Toning</b> Judi 45 mins - GF	<b>SilverSneakers® Classic</b> Paula & Emily <i>Court 2</i> <hr/> <b>RPM™</b> Barry 45 mins - Cycle		
9:30am						<b>RPM™</b> Jason 60 mins - Cycle <hr/> <b>Power Yoga</b> Catie 60 mins - AB <hr/> <b>Zumba@/ Zumba@Toning</b> Jen 60 mins - GF	<b>BodyFlow™</b> Lacey 60 mins - AB
10:00am	<b>WE ARE CLOSED</b>  <b>IN OBSERVANCE OF</b>	<b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Paula <i>Court 2</i> <hr/> <b>Chair Yoga</b> Keith 60 mins - AB	<b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Paula <i>Court 2</i> <hr/> <b>Classical Yoga</b> Dawn 60 mins - AB		
11:00am	<b>MEMORIAL DAY</b>	<b>Classical Yoga</b> Catie 60 mins - AB		<b>Restorative Yoga</b> Catie 60 mins - AB			
4:15pm		<b>Cycle &amp; Core</b> Taryn 75 mins - Cycle		<b>Cycle</b> Taryn 45 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>BodyPump™</b> Jess 60 mins - AB		<b>GRIT™ Cardio</b> Jess 30 mins - GF			
4:45pm			<b>BodyAttack™</b> Stacy 45 mins - GF	<b>Zumba@/ Zumba@Toning</b> Jen 45 mins - C			
5:00pm		<b>Zumba®</b> Jen 45 mins - GF		<b>Boot Camp</b> Jess 45 mins-GF			
5:30pm			<b>Cycle</b> Paula 45 mins - Cycle <hr/> <b>STRONG45®</b> Andy 45 mins - GF				
5:35pm		<b>BodyPump™</b> Tereza 60 mins - AB	<b>BodyFlow™</b> Stacy 60 mins - AB				
5:45pm		<b>Les Mills Core™</b> Jess 45 mins - GF		<b>BodyPump™</b> Tereza 60 mins - GF			

