

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

June 20-26

	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 Erv 45 mins - Cycle		
	BodyCombat™ Rebecca 45 mins - GF		Boot Camp Sonya 45 mins - GF		Ripped Jody 45 mins - GF		
8:00am	POUND® Pop Up Class! Rebecca 45 mins - GF				Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason & Jess 60 mins - AB New Release!	Cycle Jody 60 mins - Cycle
						Les Mills Core™ Stacy 45 mins - GF	
9:00am	SilverSneakers® Classic/Zumba® Gold Dolores & Judi <i>Court 1</i>	BodyPump™ Stacy 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn <i>Court 1</i>	BodyPump™ Tereza 60 mins - GF	SilverSneakers® Classic Dolores & Emily <i>Court 2</i>	GRIT™ Cardio Stacy 30 mins - GF	
	BodyCombat™/ Les Mills Core™ Stacy 60 mins - GF		Step & Sweat Richelle 60 mins - GF	Zumba will be back next week!	Cardio/Core Richelle 60 mins - GF		
	Chair Yoga Dawn 45 mins - C		Zumba® Toning/ Zumba Sentao® Judi 60 mins - GF		RPM™ Barry 45 mins - Cycle		
9:30am						RPM™ Jason 60 mins - Cycle	Power Yoga Catie 60 mins
						BodyCombat™ Jess 60 mins - GF New Release!	Outdoor Courtyard** (AB if weather is bad)
10:00am	SilverSneakers® Circuit Dolores <i>Court 1</i>	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores <i>Court 1</i>	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores <i>Court 2</i>		
	Classical Yoga Dawn 60 mins - GF		Chair Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB		
10:30am						Ballet Barre Andy 45 mins - GF	
11:00am		Classical Yoga Catie 60 mins - AB		Restorative Yoga Catie 60 mins - C			
4:15pm		Warrior Ride Jason 60 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	Les Mills Core™ Stacy 45 mins - GF		BodyPump™ Stacy 60 mins - AB New Release!				
4:45pm		HIIT Taryn 45 mins - GF		Zumba® Jen 45 mins - GF	<small>**Weather permitting</small>	<small>**Weather permitting- AB if not!</small>	
5:00pm	ZumbaSentao®/ Zumba® Judi 45 mins - AB		Tabata Sheila P 30 mins - GF				
5:30pm	Cycle Paula 45 mins - Cycle	Zumba®/ Zumba®Toning Jen 60 mins - GF	Cycle Paula 45 mins - Cycle	Boot Camp Jason 45 mins <i>Outdoor Courtyard*</i>			
	BodyPump™ Tereza 60 mins - GF		STRONG45® Andy 45 mins - GF				
5:35pm		BodyFlow™ Tereza 60 mins - AB	BodyPump™ Tereza 60 mins - AB New Release!				
5:45pm	Yoga Pop Krista 60 mins - AB			BodyFlow™ Tereza 60 mins - GF			

