


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

June 27-July 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle <hr/> GRIT™ Cardio/ Les Mills Core® Jess 45 mins - GF	Pure Strength Sonya 45 mins - GF	RPM™ Jeanne 45 mins - Cycle <hr/> Legs and Abs Sonya 45 mins - GF	GRIT™ Strength/ BodyFlow™ Jeanne 45 mins - GF	Cycle Erv 45 mins - Cycle <hr/> BodyCombat™ Rebecca 45 mins - GF		
8:00am					Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - AB <hr/> Sprint™ Jeanne 30 mins - Cycle	BodyCombat™ / BodyPump™ Jess 60 mins - GF
9:00am	SilverSneakers® Classic Dolores & Emily <i>Court 2</i> <hr/> BodyCombat™ Stacy 60 mins - GF <hr/> Chair Yoga Dawn 45 mins - AB	BodyPump™ Sheila 60 mins - AB <hr/> Zumba®/Step/ Zumba® Judi 60 mins - GF	SilverSneakers® Circuit Dolores & Lynn <i>Court 2</i> <hr/> Cardio/Core Richelle 60 mins - GF	BodyPump™ Sheila 60 mins - AB <hr/> Zumba® Toning/ Zumba Sentao® Judi 60 mins - GF	SilverSneakers® Classic Dolores & Emily <i>Court 2</i> <hr/> Step & Sweat Richelle 60 mins - GF <hr/> RPM™ Barry 45 mins - Cycle	GRIT™ Strength/ BodyFlow™ Jeanne 45 mins - GF	
9:30am						RPM™ Jason 60 mins - Cycle <hr/> Zumba®/ Zumba® Toning Jen 60 mins - AB	PiYo Live Jess 60 mins - GF
10:00am	SilverSneakers® Circuit Dolores <i>Court 2</i> <hr/> Classical Yoga Dawn 60 mins - AB	RPM™ Barry 45 mins - Cycle <hr/> Zumba Gold® Judi New Class!!! 45 mins - GF	SilverSneakers® Circuit Dolores <i>Court 2</i> <hr/> Chair Yoga Keith 60 mins - AB	RPM™ Barry 45 mins - Cycle	SilverSneakers® Circuit Dolores <i>Court 2</i> <hr/> Classical Yoga Dawn 60 mins - AB		
11:00am		Power Yoga Catie 60 mins - AB		Classical Yoga Catie 60 mins - AB			
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™ Jess 60 mins - AB				
4:45pm		GRIT™ Athletic Jess 30 mins - GF		Zumba® Jen 45 mins - GF	*Weather permitting 		
5:00pm	Zumba®/ Zumba® Toning Judi 45 mins - AB		Cardio Circuit Jason 30 mins - GF				
5:30pm	Cycle Paula 45 mins - Cycle <hr/> BodyPump™ Tereza 60 mins - GF	BodyCombat™ Jess 60 mins - GF New Release! <hr/> Boot Camp Jason 45 mins <i>Outdoor Courtyard*</i>	Cycle Paula 45 mins - Cycle <hr/> STRONG45® Andy 45 mins - GF	Boot Camp Jason 45 mins <i>Outdoor Courtyard*</i>			
5:35pm		BodyFlow™ Lacey 60 mins - AB	BodyPump™ Jason 60 mins - AB				
5:45pm	Yoga Pop Krista 60 mins - AB			BodyFlow™ Tereza 60 mins - GF			