








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

## July 4-July 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		<b>Pure Strength</b> Sonya 45 mins - GF	<b>RPM™</b> Jeanne 45 mins - Cycle <hr/> <b>Ball Blast</b> Sonya 45 mins - GF	<b>BodyFlow™</b> Jeanne 45 mins - GF	<b>Cycle</b> Jody 45 mins - Cycle <hr/> <b>Cardio Pyramid</b> Richelle 45 mins - GF		
8:00am					<b>Pure Strength</b> Paula 60 mins - GF		
8:15am						<b>BodyPump™</b> Jason 60 mins - AB <hr/> <b>Circuit</b> Jess 45 mins - GF	<b>Cycle</b> Taryn 60 mins - Cycle
9:00am	<b>HAPPY</b>  <b>4TH OF</b>  <b>JULY!!!!</b>	<b>BodyPump™</b> Sheila 60 mins - AB <hr/> <b>Zumba@/ Zumba@ Toning</b> Judi 60 mins - GF	<b>SilverSneakers® Circuit</b> Dolores & Lynn <b>Court 2</b> <hr/> <b>BodyStep™</b> Kathy 60 mins - GF	<b>BodyPump™</b> Sheila 60 mins - AB <hr/> <b>Zumba@</b> Judi 45 mins - GF	<b>SilverSneakers® Classic</b> Dolores & Adrienne <b>Court 2</b> <hr/> <b>BodyAttack™</b> Kathy 60 mins - GF <hr/> <b>RPM™</b> Barry 45 mins - Cycle <hr/> <b>Chair Yoga</b> Dawn <b>This week only!</b> 45 mins - AB	<b>BodyCombat™/ Les Mills Core™</b> Jess 60 mins - GF	
9:30am						<b>RPM™</b> Jason 60 mins - Cycle <hr/> <b>Zumba@/ Zumba@ Toning</b> Jen 60 mins - AB	<b>Plyoga</b> Taryn 60 mins - GF
10:00am		<b>RPM™ Smart Start</b> Barry 45 mins - Cycle <hr/> <b>Zumba@ Gold Toning</b> Judi 45 mins - GF	<b>SilverSneakers® Circuit</b> Dolores <b>Court 2</b> <hr/> <b>Chair Yoga</b> Keith 60 mins - AB	<b>RPM™</b> Barry 45 mins - Cycle	<b>SilverSneakers® Circuit</b> Dolores <b>Court 2</b> <hr/> <b>Classical Yoga</b> Dawn 60 mins - AB		
10:30am						<b>Beginner Ballet</b> Jess H 75 mins - GF	
11:00am		<b>Slow Flow</b> Dawn 60 mins - AB		<b>BodyFlow™</b> Lacey 60 mins - AB			
4:15pm		<b>Warrior Ride</b> Jason 60 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>BodyPump™</b> Lacey 60 mins - AB				
4:45pm		<b>GRIT™ Strength</b> Jess 30 mins - GF		<b>Zumba@ / Zumba@Step</b> Judi 60 mins - GF	<b>*Weather permitting</b>  		
5:00pm			<b>GRIT™ Cardio</b> Jess 30 mins - GF				
5:30pm		<b>BodyCombat™</b> Jess 60 mins - GF <hr/> <b>Boot Camp</b> Jason 45 mins <b>Outdoor Courtyard*</b>	<b>Cycle</b> Paula 45 mins - Cycle <hr/> <b>STRONG45®</b> Andy 45 mins - GF	<b>Boot Camp</b> Jason 45 mins <b>Outdoor Courtyard*</b>			
5:35pm		<b>BodyFlow™</b> Tereza 60 mins - AB	<b>BodyPump™</b> Jess 60 mins - AB				
5:45pm				<b>BodyFlow™</b> Tereza 60 mins - GF			