


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

August 1-7

	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	GRIT™ Strength/ BodyFlow™ Jeanne 30/15 mins - GF	Cycle Jody 45 mins - Cycle		
	BodyCombat™ Rebecca 45 mins - GF		Ball Blast Sonya 45 mins - GF		Tabata Jess 45 mins - GF		
8:00am				RPM™ Barry *New Time! 45 mins - Cycle	Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Andy 60 mins - AB	RPM™ Tereza 60 mins - Cycle
						Les Mills Core™ Jess 45 mins - GF	
9:00am	SilverSneakers® Classic Dolores & Emily Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn Court 2	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Classic Dolores & Emily Court 2	GRIT™ Athletic Jess 30 mins - GF	
	BodyCombat™ Stacy 60 mins - GF		Zumba Sentao®/ Zumba®Toning Judi 60 mins - GF				
	Chair Yoga Catie 45 mins - AB						
9:30am						Cycle Erv 60 mins - Cycle	BodyFlow™ Tereza 60 mins - AB
						P90X Jeanne 60 mins - GF	
10:00am	SilverSneakers® Circuit Dolores Court 2	Zumba Gold® Judi 45 mins - GF	SilverSneakers® Circuit Dolores Court 2	Restorative Yoga Catie *New Time! 60 mins - AB	SilverSneakers® Circuit Dolores Court 2		
	Classical Yoga Catie 60 mins - AB		Chair Yoga Keith 60 mins - AB				
10:30am						Beginner Ballet Jess H 75 mins - GF	
4:15pm		RPM™ Jeanne 60 mins - Cycle		RPM™ Jeanne 60 mins - Cycle	PLEASE ARRIVE 5 MINUTES	DID YOU SIGN UP	MAKE SURE TO DOUBLE CHECK
4:30pm	BodyPump™ Jess 60 mins - GF			Boot Camp Jess 45 mins - GF	EARLY TO SET UP!	FOR YOUR CLASS?	CLASS LOCATION!
4:45pm	Zumba® Judi 45 mins - AB		STRONG45® Andy 45 mins - GF				
5:00pm		HIIT Taryn 30 mins - GF		Zumba®/ Zumba® Toning Jen 45 mins - AB			
5:30pm	Cycle Paula 45 mins - Cycle	BodyPump™ Tereza 60 mins - AB	Cycle Paula 45 mins - Cycle				
			Yoga Pop Krista 60 mins - AB				
5:35pm	Boot Camp Taryn 45 mins - GF	BodyCombat™ Rebecca 60 mins - GF	GRIT™ Strength Jess 30 mins - GF	BodyPump™ Jess 60 mins - GF			
5:45pm	BodyFlow™ Tereza 60 mins - AB			BodyFlow™ Tereza 60 mins - AB			