

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

August 15-21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle	GRIT™ Athletic/BodyFlow™ Stacy 30/15 mins - GF	Sprint™ & Strength Jeanne 30/15 mins - Cycle	BodyFlow™ Jeanne 45 mins - GF	Cycle Erv 45 mins - Cycle		
	BodyCombat™ Rebecca 45 mins - GF		Pure Strength Sonya 45 mins - GF		BodyPump™ Jess 45 mins - GF		
8:00am				RPM™ Barry 45 mins - Cycle	Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - AB	GRIT™ Cardio/ Les Mills Core™ Jess 30/30 mins - GF
						BodyStep™ Kathy 60 mins - GF	
9:00am	SilverSneakers® Classic Dolores & Emily <i>Court 2</i>	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Circuit Dolores & Lynn <i>Court 2</i>	BodyPump™ Sheila 60 mins - AB	SilverSneakers® Classic Dolores & Emily <i>Court 2</i>		
	BodyCombat™ Stacy 60 mins - GF	Zumba®/Zumba®Toning Judi 60 mins - GF	BodyStep™ Kathy 60 mins - GF	Sh'Bam Stacy 60 mins - GF	BodyAttack™ Kathy 60 mins - GF		
	Chair Yoga Dawn 45 mins - AB						
9:30am						RPM™ Jason 60 mins - Cycle	PiYo Live Jess 60 mins - GF
						Zumba®/Zumba®Toning Jen 60 mins - AB	
10:00am	SilverSneakers® Circuit Dolores <i>Court 2</i>	Zumba® Gold Judi 45 mins - GF	SilverSneakers® Circuit Dolores <i>Court 2</i>	Restorative Yoga Keith 60 mins - AB	SilverSneakers® Circuit Dolores <i>Court 2</i>		
	Classical Yoga Dawn 60 mins - AB		Chair Yoga Keith 60 mins - AB		Classical Yoga Dawn 60 mins - AB		
10:30am						Beginner Ballet Jess H 75 mins - GF	
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	BodyPump™ Tiff 60 mins - GF			Boot Camp Jess 45 mins - GF			
4:45pm	Zumba®Toning Judi 45 mins - AB		STRONG45® Andy 45 mins - GF				
5:00pm		GRIT™ Strength Jeanne 30 mins - GF		Zumba® Jen 45 mins - AB			
5:30pm	Cycle Paula 45 mins - Cycle	Warrior Workout Jason 30 mins <i>Cycle</i>	Cycle Paula 45 mins - Cycle	Warrior Workout Jason 30 mins <i>Cycle</i>			
		BodyPump™ Tiff 60 mins - AB	Yoga Pop Krista 60 mins - AB				
5:35pm	GRIT™ Cardio Tiff 30 mins - GF	BodyCombat™ Jess 60 mins - GF	HIIT Taryn 45 mins - GF	BodyPump™ Jess 60 mins - GF			
5:45pm	Slow Flow Krista 60 mins - AB			BodyFlow™ Jeanne 60 mins - AB			

