

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

August 22-28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle <hr/> GRIT™ Cardio/Stretch Jess 30/15 mins - GF	Pure Strength Sonya 45 mins - GF	RPM™ Jeanne 45 mins - Cycle <hr/> Step Sonya 45 mins - GF	Les Mills Core™ Jeanne 45 mins - GF	Cycle Jody 45 mins - Cycle <hr/> BodyCombat™ Rebecca 45 mins - GF		
8:00am				RPM™ Barry 45 mins - Cycle	Pure Strength Sonya 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - AB	GRIT™ Strength Jeanne 30 mins - GF
9:00am	SilverSneakers® Classic Adrienne & Emily Court 2 <hr/> BodyCombat™ Stacy 60 mins - GF <hr/> Chair Yoga Dawn 45 mins - AB	BodyPump™ Sheila 60 mins - AB <hr/> Zumba® Judi 60 mins - GF	SilverSneakers® Classic Lynn & Emily Court 2 <hr/> BodyAttack™ Kathy 60 mins - GF	BodyPump™ Sheila 60 mins - AB <hr/> Zumba®/Zumba Sentao® Judi 60 mins - GF	SilverSneakers® Classic Andy & Emily Court 2 <hr/> BodyStep™ Kathy 60 mins - GF	BodyCombat™/GRIT™ Cardio Mash-Up Jess 60 mins - GF	Sprint™ Jeanne 30 mins - Cycle
9:30am						RPM™ Jason 60 mins - Cycle <hr/> Zumba®/Zumba®Toning Jen 60 mins - AB	BodyFlow™ Jeanne 60 mins - GF
10:00am	SilverSneakers® Circuit Adrienne Court 2 <hr/> Classical Yoga Dawn 60 mins - AB	Zumba® Gold-Toning Judi 45 mins - GF	SilverSneakers® Circuit Lacey Court 2 <hr/> Chair Yoga Keith 60 mins - AB	Slow Flow Catie 60 mins - AB	SilverSneakers® Circuit Back next week! <hr/> Classical Yoga Dawn 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	BodyPump™ Tiff 60 mins - GF			GRIT™ Strength/ Les Mills Core™ Jess 30/30 min - GF			
4:45pm	Zumba®Step/ Zumba® Toning Judi 45 mins - AB		STRONG45® Andy 45 mins - GF				
5:00pm		Cardio Kick Taryn 30 mins - GF		Zumba® Jen 45 mins - AB			
5:30pm	Cycle Paula 45 mins - Cycle <hr/> GRIT™ Athletic Tiff 30 mins - GF	Warrior Workout Jason 30 mins Cycle <hr/> BodyPump™ Jess 60 mins - AB	Cycle Paula 45 mins - Cycle <hr/> Slow Flow Krista 60 mins - AB	Warrior Workout Jason 30 mins Cycle			
5:35pm		Circuit Taryn 45 mins - GF	BodyStep™ Stacy 60 mins - GF	BodyPump™ Tiff 60 mins - GF			
5:45pm	Plyoga Taryn 45 mins - AB			PIYo® LIVE Jess 60 mins - AB			

