

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

August 8-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Cycle Erv 45 mins - Cycle	GRIT™ Cardio/ BodyFlow™ Stacy 30/15 mins - GF	Cycle Erv 45 mins - Cycle	BodyAttack™ Stacy 45 mins - GF	Cycle Jody 45 mins - Cycle		
	BodyCombat™ Rebecca 45 mins - GF		BodyPump™ Jess 45 mins - GF		Les Mills Core™ Jess 45 mins - GF		
8:00am				RPM™ Barry 45 mins - Cycle	Pure Strength Paula 60 mins - GF		
8:15am						BodyPump™ Jason 60 mins - AB	Boot Camp Jess 60 mins - GF
						BodyStep™/ BodyAttack™ Stacy 30/30 mins - GF	
9:00am	SilverSneakers® Classic Dolores & Emily Court 2	BodyPump™ Stacy 60 mins - AB	SilverSneakers® Circuit Adrienne & Lynn Court 2	BodyPump™ Stacy 60 mins - AB	SilverSneakers® Classic Dolores & Emily Court 2		
	BodyCombat™ Stacy 60 mins - GF	Zumba® Judi 60 mins - GF	BodyAttack™ Kathy 60 mins - GF	Zumba®/ Zumba Sentao® Judi 60 mins - GF	BodyStep™ Stacy 60 mins - GF		
	Chair Yoga Catie 45 mins - AB						
9:30am						RPM™ Jason 60 mins - Cycle	Yoga Pop Krista 60 mins - AB
						BodyCombat™ Rebecca 60 mins - GF	
10:00am	SilverSneakers® Circuit Dolores Court 2	Zumba® Gold- Toning Judi 45 mins - GF	SilverSneakers® Circuit Adrienne Court 2	Power Yoga Catie 60 mins - AB	SilverSneakers® Circuit Dolores Court 2		
	Classical Yoga Catie 60 mins - AB		Chair Yoga Keith 60 mins - C		Classical Yoga Catie 60 mins - AB		
4:15pm		Warrior Ride Jason 60 mins - Cycle		Warrior Ride Jason 60 mins - Cycle	PLEASE ARRIVE 5 MINUTES	DID YOU SIGN UP	MAKE SURE TO DOUBLE CHECK
4:30pm	BodyPump™ Jess 60 mins - GF			GRIT™ Athletic Tiff 30 mins - GF	EARLY TO SET UP!	FOR YOUR CLASS?	CLASS LOCATION!
4:45pm	Zumba®Step/ Zumba® Toning Judi 45 mins - AB		STRONG45® Andy 45 mins - GF				
5:00pm		GRIT™ Cardio Jess 30 mins - GF		Zumba® Andy 45 mins - AB			
5:30pm	Cycle Richelle 45 mins - Cycle	Warrior Workout Jason 30 mins Cycle	Cycle Richelle 45 mins - Cycle	Warrior Workout Jason 30 mins Cycle			
		BodyPump™ Tiff 60 mins - AB	Slow Flow Krista 60 mins - AB				
5:35pm	Boot Camp Jody 60 mins - GF	BodyCombat™ Jess 60 mins - GF	Ripped Taryn 45 mins - GF	BodyPump™ Tiff 60 mins - GF			
5:45pm	BodyFlow™ Tereza 60 mins - AB			PiYo® LIVE Jess 60 mins - AB			

