



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

8/14/17 - 10/29/17
updated 9/8/2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|--|-----------------------------------|
| Power Yoga 8:00 - 9:00am | Insanity 5:45 - 6:30am | Spinning 5:45 - 6:30am | Insanity 5:45 - 6:30am | Spinning 6:15 - 7:15am | Spinning 8:15 - 9:00am | |
| Body Sculpt 9:40 - 10:40am | Muscular Strength & Range Movement SilverSneakers* 8:30 - 9:15am | Cardio Kickboxing 9:40 - 10:40am | Muscular Strength & Range Movement SilverSneakers* 8:30 - 9:15am | Power Yoga 8:00 - 9:00am | PiYo 9:00 - 9:50 am | |
| SilverSneakers Stability 10:15 - 11:15am | | Body Sculpt 9:40 - 10:40am | | Body Sculpt 9:40 - 10:40am | H2O Fitness to the Max (Shallow) 9:00 - 9:50am | |
| AB Express 10:45 - 11:15am | Spinning 9:40 - 10:40am | AB Express 10:45 - 11:15am | Spinning 9:40 - 10:40am | Kick Booty Camp 9:45 - 10:40am | H2O Fitness Boot Camp 10:00 - 11:00am | Spinning 12:00 - 1:00pm |
| SilverSplash SilverSneakers 11:30 - 12:20pm | Muscle Mix 9:55 - 10:55am | SilverSneakers Stability 10:15 - 11:15am | Muscle Mix 9:55 - 10:55am | AB Express 10:45 - 11:15am | Boot Camp 10:00 - 11:00am | |
| R.I.P.P.E.D 6:00 - 7:00pm | H2O Fitness Cardio 10:00 - 10:50am | SilverSplash SilverSneakers* 11:30 - 12:20pm | H2O Fitness Cardio 11:00 - 11:50am | L.I.F.T 10:50 - 11:20am | | |
| Spinning 6:30 - 7:30pm | Zumba 6:00 - 7:00pm | Cardio Camp 6:00 - 7:00pm | Yoga 11:00am - 12:30pm | SilverSplash SilverSneakers* 11:30 - 12:20pm | | |
| Zumba 7:05 - 8:05pm | Spinning 6:30 - 7:30pm | Spinning 6:30 - 7:30pm | R.I.P.P.E.D 6:00 - 7:00pm | | | |
| | H2O Fitness to the Max (shallow) 7:00 - 7:50pm | Power Yoga 6:30 - 7:30pm (Racquetball Court) | Amped Up H2O Fitness (deep) 7:00 - 7:50 pm | | | |
| | Yoga 7:10 - 8:40pm | Zumba 7:05 - 8:05pm | Insanity 7:05 - 8:05pm | | | |
| Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm | Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm | Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm | Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm | Child Watch 9:30 - 2:30pm | Child Watch 9:00 - 12:00 pm | |



SilverSneakers® classes are FREE to SilverSneaker members as well as our adult members. Child Watch is FREE to our Family and Household Plus Members. Child Watch is limited to two hours per day.

Class Schedule is subject to change due to instructor availability.