



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule
11/1/17 - 12/31/17

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	Spinning 9:40 - 10:40am	Body Sculpt 9:40 - 10:40am	Spinning 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	Muscle Mix 9:55 - 10:55am	AB Express 10:45 - 11:15am	Muscle Mix 9:55 - 10:55am	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	H2O Fitness Cardio 10:00 - 10:50am	SilverSneakers Stability 10:15 - 11:15am	H2O Fitness Cardio 11:00 - 11:50am	AB Express 10:45 - 11:15am	Boot Camp 10:00 - 11:00am	Zumba 1:00pm - 2:00pm <i>Coming Soon w/Tammi</i>
R.I.P.P.E.D 6:00 - 7:00pm	Zumba 6:00 - 7:00pm	SilverSplash SilverSneakers* 11:30 - 12:20pm	Yoga 11:00am - 12:30pm	L.I.F.T 10:50 - 11:20am		
Spinning 6:30 - 7:30pm	Spinning 6:30 - 7:30pm	Cardio Camp 6:00 - 7:00pm	R.I.P.P.E.D 6:00 - 7:00pm	SilverSplash SilverSneakers* 11:30 - 12:20pm		
Zumba 7:05 - 8:05pm	H2O Fitness to the Max (shallow) 7:00 - 7:50pm	Spinning 6:30 - 7:30pm	Amped Up H2O Fitness (deep) 7:00 - 7:50 pm			
	Yoga 7:10 - 8:40pm	Power Yoga 6:30 - 7:30pm (Racquetball Court)	Insanity 7:05 - 8:05pm			
		Zumba 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.