



LAKOTA FAMILY YMCA

Group Fitness Schedule

5/30/17 - 8/16/17
Updated 6/8/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga 8:00 - 9:00 am	Insanity 5:45 - 6:30 am	Spinning 5:45 - 6:30 am	Insanity 5:45 - 6:30 am	Power Yoga 8:00 - 9:00 am	SwimFit 7:30 - 9:00 am	
Body Sculpt 9:05 - 10:05am	SwimFit 6:00 - 7:15am	Body Sculpt 9:05 - 10:05am	SwimFit 6:00 - 7:15am	Body Sculpt 9:05 - 10:05am	Spinning 8:15 - 9:00am	
Kick Booty Camp 9:15 - 10:00am	Muscular Strength & Range Movement SilverSneakers* 8:30 - 9:15 am	Cardio Kickboxing 9:05 - 10:05am	Muscular Strength & Range Movement SilverSneakers* 8:30 - 9:15 am	Kick Booty Camp 9:15 - 10:00am	PiYo 9:00 - 9:50 am	
SilverSneakers Stability 10:15 - 11:15am		AB Express 10:10 - 10:40am			AB Express 10:10 - 10:40am	H2O Fitness to the Max (Shallow) 9:00 - 9:50am
AB Express 10:10 - 10:40am	Spinning 9:05 - 10:05am	SilverSneakers Stability 10:15 - 11:15am	Spinning 9:05 - 10:05am	L.I.F.T 10:50 - 11:20	H2O Fitness Boot Camp 10:00 - 11:00 am	
SilverSplash SilverSneakers 11:35 - 12:25pm	Muscle Mix 9:55 - 10:55am	R.I.P.P.E.D 10:45 - 11:45	Muscle Mix 9:55 - 10:55am	SilverSplash SilverSneakers* 11:35 - 12:25pm	Boot Camp 10:00 - 11:00 am	
R.I.P.P.E.D 6:00 - 7:00pm	H2O Fitness Cardio (Outside) 10:00 - 10:50 am	SilverSplash SilverSneakers* 11:35 - 12:25pm	H2O Fitness Cardio (Outside) 10:00 - 10:50 am			
Spinning 6:00 - 7:00 pm	Zumba 6:00 - 7:00 pm	Cardio Camp 6:00 - 7:00 pm	Yoga 11:00am - 12:30pm			
Zumba 7:05 - 8:05 pm	Spinning 6:30 - 7:30	Spinning 6:00 - 7:00 pm	Zumba 6:00 - 7:00pm			
	H2O Fitness to the Max (shallow) 7:00 - 7:50 pm	Power Yoga 6:30 - 7:30 pm (Racquetball Court)	H2O Fitness to the Max (shallow) 7:00 - 7:50 pm			
	Yoga 7:10 - 8:40 pm	Zumba 7:05 - 8:05pm	Insanity 7:05 - 8:05pm			
Child Watch 9:00 - 1:00 pm 3:30 - 8:30 pm	Child Watch 9:00 - 1:00 pm 3:30 - 8:30 pm	Child Watch 9:00 - 1:00 pm 3:30 - 8:30 pm	Child Watch 9:00 - 1:00 pm 3:30 - 8:30 pm	Child Watch 9:00 - 2:00pm	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.