



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKOTA FAMILY YMCA

Group Fitness Schedule  
Fall/Winter 2018  
Updated 10/22/18

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                                | Sunday                                      |
|--|--|--|---|--|---|---|
| <b>Cycling</b><br>5:45 - 6:30am                        | <b>Insanity</b><br>5:45 - 6:30am                       | <b>Cycling</b><br>5:45 - 6:30am                        | <b>Insanity</b><br>5:45 - 6:30am  | <b>Cycling</b><br>6:15 - 7:00am                  | <b>Cycling</b><br>8:00 - 8:55am         |   |
| <b>Power Yoga</b><br>8:00 - 9:00am                     | <b>Cycling</b><br>9:40 - 10:40am                       | <b>Y-Step</b><br>6:00 - 7:00am                         | <b>SilverSneakers™ Classic</b><br>8:30 - 9:15am                                     | <b>Power Yoga</b><br>8:00 - 9:00am               | <b>PiYo</b><br>9:00 - 10:00 am          |   |
| <b>Body Sculpting</b><br>9:40 - 10:40am                | <b>Muscle Mix</b><br>9:40 - 10:40am                    | <b>Tai Chi</b><br>8:00 - 9:00am                        |   | <b>Cycling</b><br>9:40 - 10:40am                 | <b>Body Sculpting</b><br>9:40 - 10:40am | <b>H2O Fitness Shallow</b><br>9:00 - 9:50am |
| <b>SilverSneakers™ Stability</b><br>10:15 - 11:00am    |  | <b>Body Sculpting</b><br>9:40 - 10:40am                | <b>Muscle Mix</b><br>9:40 - 10:40am   | <b>Kick Booty Camp</b><br>9:45 - 10:40am         | <b>H2O Boot Camp</b><br>10:00 - 11:00am | <b>Cycling</b><br>12:00 - 1:00pm            |
| <b>Abs Express</b><br>10:45 - 11:15am                  | <b>Zumba</b><br>6:00 - 7:00pm                          | <b>SilverSneakers™ Stability</b><br>10:15 - 11:15am    | <b>Rocking The Waves</b><br>11:00 - 11:50am   | <b>Abs Express</b><br>10:45 - 11:15am            | <b>Boot Camp</b><br>10:05 - 11:35am     | <b>Zumba</b><br>1:00pm - 2:00pm             |
| <b>SilverSneakers™ Splash</b><br>11:30 - 12:20pm       | <b>Cycling</b><br>6:30 - 7:30pm                        | <b>Abs Express</b><br>10:45 - 11:15am                  | <b>Starts August 23rd</b><br><b>Yoga</b><br>11:45-12:45<br><b>New Class w/Katie</b> | <b>SilverSneakers™ Splash</b><br>11:30 - 12:20pm |   |   |
| <b>Tai Chi</b><br>6:30 - 7:30pm                        | <b>H2O Fitness Shallow</b><br>7:00 - 7:55pm            | <b>SilverSneakers™ Splash</b><br>11:30 - 12:20pm       |   | <b>Zumba</b><br>6:00 - 7:00pm                    |   |   |
| <b>Power Camp</b><br>6:00 - 7:00pm                     | <b>Yoga</b><br>7:30 - 8:30pm                           | <b>Power Yoga</b><br>5:30 - 6:30pm                     | <b>H2O Fitness Deep</b><br>7:00 - 7:55 pm   |  |   |   |
| <b>Zumba</b><br>7:05 - 8:05pm                          |  | <b>Cardio Camp</b><br>6:00 - 7:00pm                    | <b>Power Camp</b><br>7:05 - 8:05pm  |  |   |   |
|  |  | <b>Zumba</b><br>7:05 - 8:05pm                          |   |  |   |   |
| <b>Child Watch</b><br>9:30 - 1:30 pm<br>3:30 - 8:30 pm | <b>Child Watch</b><br>9:30 - 1:30 pm<br>3:30 - 8:30 pm | <b>Child Watch</b><br>9:30 - 1:30 pm<br>3:30 - 8:30 pm | <b>Child Watch</b><br>9:30 - 1:30 pm<br>3:30 - 8:30 pm                              | <b>Child Watch</b><br>9:30 - 2:30 pm             | <b>Child Watch</b><br>9:00 - 12:00 pm   |   |



SilverSneakers® classes are FREE to SilverSneakers 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.