



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|----------------------------------|
| Power Yoga 8:00 - 9:00am | Insanity 5:45 - 6:30am | Y-Step 6:00 - 7:00am | Insanity 5:45 - 6:30am | Cycling 6:15 - 7:00am | Cycling 8:15 - 9:00am | |
| Body Sculpting 9:40 - 10:40am | SilverSneakers™ Classic 8:30 - 9:15am | Cycling 5:45 - 6:30am | SilverSneakers™ Classic 8:30 - 9:15am | Power Yoga 8:00 - 9:00am | PiYo 9:00 - 9:50 am | |
| SilverSneakers™ Stability 10:15 - 11:15am | Cycling 9:40 - 10:40am | Cardio Kickboxing 9:40 - 10:40am | Cycling 9:40 - 10:40am | Body Sculpting 9:40 - 10:40am | H2O Fitness Shallow 9:00 - 9:50am | |
| Abs Express 10:45 - 11:15am | Muscle Mix 9:55 - 10:55am | Body Sculpting 9:40 - 10:40am | Muscle Mix 9:55 - 10:55am | Kick Booty Camp 9:45 - 10:40am | H2O Boot Camp 10:00 - 11:00am | Cycling 12:00 - 1:00pm |
| SilverSneakers™ Splash 11:30 - 12:20pm | Rocking The Waves 10:00 - 10:50am | SilverSneakers™ Stability 10:15 - 11:15am | Rocking The Waves 11:00 - 11:50am | Abs Express 10:45 - 11:15am | Boot Camp 10:00 - 11:00am | Zumba 1:00pm - 2:00pm |
| R.I.P.P.E.D. 6:00 - 7:00pm | Zumba 6:00 - 7:00pm | Abs Express 10:45 - 11:15am | Yoga 11:00am - 12:30pm | L.I.F.T. 10:50 - 11:20am | | |
| Cycling 6:30 - 7:30pm | Cycling 6:30 - 7:30pm | SilverSneakers™ Splash 11:30 - 12:20pm | R.I.P.P.E.D. 6:00 - 7:00pm | SilverSneakers™ Splash 11:30 - 12:20pm | | |
| Zumba 7:05 - 8:05pm | H2O Fitness Shallow 7:00 - 7:55pm | Cardio Camp 6:00 - 7:00pm | H2O Fitness Deep 7:00 - 7:55 pm | Zumba 11:30 - 12:30 <i>New Class Time</i> | | |
| | Yoga 7:10 - 8:40pm | Cycling 6:30 - 7:30pm | Insanity 7:05 - 8:05pm | | | |
| | | Power Yoga 6:30 - 7:30pm (Racquetball Court) | | | | |
| | | 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 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.