



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

Revised as of 3/15/2018

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	Power Yoga 5:30 - 6:30pm <i>*New Time*</i>	H2O Fitness Deep 7:00 - 7:55 pm	Zumba 11:30 - 12:30 <i>New Class Time</i>		
	Yoga 7:10 - 8:40pm	Cardio Camp 6:00 - 7:00pm	Insanity 7:05 - 8:05pm			
		Cycling 6:30 - 7:30pm				
		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.