LAKOTA FAMILY YMCA

Group Fitness Schedule
Revised as of 4/30/2018

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		**Body Sculpting** 9:40 - 10:40am	**H20 Fitness Shallow** 9:00 - 9:50am	
Abs Express 10:45 - 11:15am	**Muscle Mix** 9:55 - 10:55am	**Body Sculpting** 9:40 - 10:40am	**Cycling** 9:40 - 10:40am	**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	**Muscle Mix** 9:55 - 10:55am	**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	**Rocking The Waves** 11:00 - 11:50am	**L.I.F.T.** 10:50 - 11:20am		
Cycling 6:30 - 7:30pm	**Cycling** 6:30 - 7:30pm	**SilverSneakers™ Splash** 11:30 - 12:20pm	**Yoga** 11:00am - 12:30pm	**SilverSneakers™ Splash** 11:30 - 12:20pm		
Zumba 7:05 - 8:05pm	**H20 Fitness Shallow** 7:00 - 7:55pm	**Power Yoga** 5:30 - 6:30pm	**R.I.P.P.E.D.** 6:00 - 7:00pm	*Zumba* 11:30 - 12-:30		
	Yoga 7:30 - 8:50pm	**Cardio Camp** 6:00 - 7:00pm	**H2O Fitness Deep** 7:00 - 7:55 pm			
		Cycling 6:30 - 7:30pm	**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 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 instrustor availability.