



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKOTA FAMILY YMCA

## Group Fitness Schedule

beginning 5/26/2018  
\*updated 5/31/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> 5:45 - 6:30am <i>New Class w/Lauren</i>	<b>Insanity</b> 5:45 - 6:30am	<b>Cycling</b> 5:45 - 6:30am	<b>Insanity</b> 5:45 - 6:30am	<b>Cycling</b> 6:15 - 7:00am	<b>Cycling</b> 8:00 - 8:55am	
<b>Power Yoga</b> 8:00 - 9:00am	<b>SilverSneakers™ Classic</b> 8:30 - 9:15am	<b>Y-Step</b> 6:00 - 7:00am	<b>SilverSneakers™ Classic</b> 8:30 - 9:15am	<b>Power Yoga</b> 8:00 - 9:00am	<b>PiYo</b> 9:00 - 9:50 am	
<b>Body Sculpting</b> 9:15 - 10:15am	<b>Cycling</b> 9:15 - 10:15am	<i>New Class</i> <b>Tai Chi</b> 8:00 - 9:00am <i>With Don</i>	<b>Cycling</b> 9:15 - 10:15am	<b>Body Sculpting</b> 9:15 - 10:15am	<b>H2O Fitness Shallow</b> 9:00 - 9:50am	
<b>SilverSneakers™ Stability</b> 10:15 - 11:15am	<b>Muscle Mix</b> 9:15 - 10:15am	<b>Cardio Kickboxing</b> 9:15 - 10:15am	<b>Muscle Mix</b> 9:15 - 10:15am	<b>Kick Booty Camp</b> 9:15 - 10:00am	<b>H2O Boot Camp (Outdoor Pool)</b> 10:00 - 11:00am	<b>Cycling</b> 12:00 - 1:00pm
<b>Abs Express</b> 10:15 - 10:45am	<b>Rocking The Waves (Outdoor Pool)</b> 10:00 - 10:50am <i>*Cancelled if raining</i>	<b>Body Sculpting</b> 9:15 - 10:15am	<b>Rocking The Waves (Outdoor Pool)</b> 10:00 - 10:50am <i>*Cancelled if raining</i>	<b>Abs Express</b> 10:15 - 10:45am	<b>Boot Camp</b> 10:00 - 11:00am	<b>Zumba</b> 1:00pm - 2:00pm
<b>SilverSneakers™ Splash</b> 11:35 - 12:20pm	<b>Zumba</b> 6:00 - 7:00pm	<b>SilverSneakers™ Stability</b> 10:15 - 11:15am	<b>Yoga</b> 11:00am - 12:30pm	<b>L.I.F.T.</b> 10:50 - 11:20am		
<b>R.I.P.P.E.D.</b> 6:00 - 7:00pm	<b>Cycling</b> 6:30 - 7:30pm	<b>Abs Express</b> 10:15 - 10:45am	<b>SilverSneakers™ Splash</b> 11:35 - 12:20pm	<b>SilverSneakers™ Splash</b> 11:35 - 12:20pm		
<i>New Class</i> <b>Tai Chi</b> 6:30 - 7:30pm <i>With Don</i>	<b>H2O Fitness Shallow</b> 7:00 - 7:55pm	<b>SilverSneakers™</b>	<b>R.I.P.P.E.D.</b> 6:00 - 7:00pm	<b>Zumba</b> 11:30 - 12:30		
<b>Zumba</b> 7:05 - 8:05pm	<b>Yoga</b> 7:30 - 8:50pm	<b>Power Yoga</b> 5:30 - 6:30pm	<b>Cycling</b> 6:30 - 7:30pm <i>New Class w/Lauren</i>			
		<b>Cardio Camp</b> 6:00 - 7:00pm	<b>H2O Fitness Deep</b> 7:00 - 7:55 pm			
		<b>Zumba</b> 7:05 - 8:05pm	<b>Insanity</b> 7:05 - 8:05pm			
<b>Child Watch</b> 9:00 - 1:00 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:00 - 1:00 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:00 - 1:00 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:00 - 1:00 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:00 - 2:00pm	<b>Child Watch</b> 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.*