



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule Summer 2018

*updated 7/6/2018

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