



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

Fall 2019

Updated 9/9/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:00 - 6:45am	Insanity 5:45 - 6:30am	Cycling 5:45 - 6:30am	Insanity 5:45 - 6:30am	Cycling 5:45 - 6:30am	Cycling 8:00 - 8:55am	
Vinyasa Yoga 8:00 - 9:00am	Cycling 9:45 - 10:45am	Body Sculpting 9:15 - 10:15am	SilverSneakers™ Classic 8:30 - 9:15am	Vinyasa Yoga 8:00 - 9:00am	PiYo 9:00 - 10:00 am	
Body Sculpting 9:15 - 10:15am	Muscle Mix 9:15 - 10:15am	SilverSneakers™ Stability 10:15 - 11:15am	Cycling 9:45 - 10:45am	Body Sculpting 9:15 - 10:15am	H2O Fitness Shallow 9:00 - 9:50am	
Cycling 9:45 - 10:30am	Rocking the Waves 10:00 - 10:50am	Abs Express 10:15 - 10:45am	Muscle Mix 9:15 - 10:15am	Kick Booty Camp 9:40 - 10:40am	H2O Boot Camp 10:00 - 11:00am	Cycling 12:00 - 1:00pm
SilverSneakers™ Stability 10:15 - 11:00am		SilverSneakers™ Splash 11:30 - 12:20pm	Rocking The Waves 10:00 - 10:50am	Cycling 10:00-11:00am	Boot Camp 10:05 - 11:35am	Zumba 1:00pm - 2:00pm
Abs Express 10:15 - 10:45am			Yoga 11:45-12:45pm	Abs Express 10:45 - 11:15am		
SilverSneakers™ Splash 11:30 - 12:20pm				SilverSneakers™ Splash 11:30 - 12:20pm		
	Cycling 5:30 - 6:15pm	Vinyasa Yoga 5:30 - 6:30pm	Zumba 6:00 - 7:00pm			
Intro to Tai Chi 6:00 - 6:30pm	Zumba 6:00 - 7:00pm	Cardio Camp 6:00 - 7:00pm	Cycling 6:30 - 7:15pm			
Tai Chi 6:30 - 7:30pm	H2O Fitness Shallow 7:00 - 7:55pm	Cycling 6:30 - 7:30pm	H2O Fitness Deep 7:00 - 7:55 pm			
Power Camp 6:00 - 7:00pm	Yoga 7:05 - 8:05pm	Zumba 7:05 - 8:05pm	Power Camp 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 - 2:30 pm	Child Watch 8:45 - 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.