



# LAKOTA FAMILY YMCA

## Group Fitness Schedule

4/02/17 - 5/30/17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Yoga</b> 8:00 - 9:00 am	<b>Insanity</b> 5:45 - 6:30 am	<b>Spinning</b> 5:45 - 6:30 am	<b>Insanity</b> 5:45 - 6:30 am	<b>Spinning</b> 6:15 - 7:00 am	<b>SwimFit</b> 7:30 - 9:00 am	
<b>Body Sculpt</b> 9:40 - 10:40am		<b>Body Sculpt</b> 9:40 - 10:40am		<b>Power Yoga</b> 8:00 - 9:00 am	<b>Spinning</b> 8:15 - 9:00am	
<b>Kick Booty Camp</b> 9:45 - 10:40am	<b>Muscular Strength &amp; Range Movement</b> SilverSneakers* 8:30 - 9:15 am	<b>Cardio Kickboxing</b> 9:40 - 10:40am	<b>Muscular Strength &amp; Range Movement</b> SilverSneakers* 8:30 - 9:15 am	<b>Body Sculpt</b> 9:40 - 10:40am	<b>H2O Fitness to the Max (Shallow)</b> 9:00 - 9:50am	
<b>Stability</b> SilverSneakers* 10:15am-11:10am		<b>AB Express</b> 10:45 - 11:15am		<b>Kick Booty Camp</b> 9:45 - 10:40am	<b>PiYo</b> 9:00 - 9:50am	
<b>AB Express</b> 10:45 - 11:15am	<b>Spinning</b> 9:40 - 10:40am	<b>Stability</b> SilverSneakers* 10:15am-11:10am		<b>AB Express</b> 10:45 - 11:15am	<b>H2O Fitness Boot Camp</b> 10:00 - 11:00 am	<b>Spinning</b> 1:00 - 2:00 pm <i>Starts Apr. 23</i>
<b>SilverSplash SilverSneakers</b> 11:30 - 12:20pm	<b>Muscle Mix</b> 9:55 - 10:55am	<b>SilverSplash</b> SilverSneakers* 11:30 - 12:20pm	<b>Spinning</b> 9:40 - 10:40am	<b>L.I.F.T</b> 10:50 - 11:20	<b>Boot Camp</b> 10:00 - 11:00 am	
<b>Cardio Camp</b> 6:00 - 7:00pm	<b>H2O Fitness Cardio</b> 10:00 - 10:50 am	<b>Cardio Camp</b> 6:00 - 7:00 pm	<b>Muscle Mix</b> 9:55 - 10:55am			
			<b>H2O Fitness Cardio</b> 11:00 - 11:50 am	<b>SilverSplash</b> SilverSneakers* 11:30 - 12:20pm		
<b>Spinning</b> 6:00 - 7:00 pm	<b>Zumba</b> 6:05 - 7:00 pm	<b>Spinning</b> 6:00 - 7:00 pm	<b>Yoga</b> 11:00 - 12:30 pm			
<b>Zumba</b> 7:05 - 8:05 pm	<b>Spinning</b> 6:30 - 7:30 pm <i>Starts Apr. 25</i>	<b>Power Yoga</b> 6:30 - 7:30 pm (Racquetball Court)	<b>Zumba</b> 6:05 - 7:00 pm			
	<b>H2O Fitness to the Max (shallow)</b> 7:00 - 7:50 pm	<b>Zumba</b> 7:05 - 8:05 pm	<b>Amped Up to H2O Fitness (deep)</b> 7:00 - 7:50 pm			
	<b>Yoga</b> 7:10 - 8:40 pm		<b>Insanity</b> 7:05 - 8:05 pm			
<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 2:30pm	<b>Child Watch</b> 9:00 - 12:00 pm	



SilverSneakers® classes are FREE to SilverSneaker 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.*