



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule
Spring 2019
Updated 5/2/19

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

