

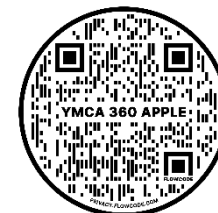
LAKOTA FAMILY YMCA

UPDATED 5/22/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CHILD WATCH 9:30a-12:30p 5:30p-8:30p	CHILD WATCH 9:30a-12:30p 5:30p-8:30p	CHILD WATCH 9:30a-12:30p 5:30p-8:30p	CHILD WATCH 9:30a-12:30p 5:30p-8:30p	CHILD WATCH 9:30a-12:30p	CHILD WATCH 9:00a-12:00p
6am			6:00 - 6:50 Studio B High Fitness		6:00 - 6:50 Studio B High Fitness	
7am			7:15 - 8:15 Studio B Cardio Kickboxing			
8am	8:30 - 9:30 Pool DeepH2O 8:45 - 9:45 Studio A Walk15 Strength	8:30 - 9:30 Pool DeepH2O 8:45 - 9:45 Studio A Walk 15 Strength 8:45 - 9:45 Studio B Tai Chi Easy	8:30 - 9:30 Pool Shallow H2O	8:45 - 9:30 Studio B Cardio Sculpt 8:45 - 9:45 Studio A Tai Chi Easy	8:45 - 9:45 Studio A Walk15 Strength	
9am	9:30 - 10:30 Studio B High Fitness 9:45 - 10:45 Cycle Studio Virtual Cycle	9:45 - 10:45 Cycle Studio Virtual Cycle	9:30 - 10:30 Studio B Gentle Yoga	9:45 - 10:45 Cycle Studio Virtual Cycle	9:45 - 10:45 Cycle Studio Cycle	
10am	10:00 - 11:00 Studio A Balance 10:30 - 11:30 Studio B Strength Fusion	10:00 - 11:00 Studio A Chair Yoga	10:00 - 11:00 Studio A Beginner Strength 10:30 - 11:30 Studio B Strength Fusion	10:00 - 11:00 Studio B FitMix	10:00 - 11:00 Studio B Beginner Core 10:35 - 11:35 Studio A Vinyasa Yoga	10:30 - 11:20 Studio B Cardio Kickboxing
11am	11:45 - 12:45 Pool Silver Splash	11:00 - 12:00 Studio B Core Strength & Stretch 11:45 - 12:45 Pool Rockin the Waves	11:45 - 12:45 Pool Silver Splash	11:45 - 12:45 Pool Rockin the Waves	11:45 - 12:45 Pool Silver Splash	
5pm	5:30 - 6:30 Studio B Tai Chi Easy					
6pm		6:45 - 7:45 Hidden Gym Power & Strength	6:00 - 6:45 Cycle Studio Cycle			
7pm		7:05 - 8:05 Studio B Cardio Camp		7:05 - 8:05 Studio B Cardio Camp		



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LAND CLASSES:

- **Barre** is a low-impact, full-body workout blending ballet, yoga, Pilates, and strength training. Using a Barre for stability and incorporating tools like resistance bands or hand weights, this class tones muscles, improves posture, and builds core strength. It's perfect for participants of all fitness levels seeking low-impact exercises to enhance strength and flexibility.
- **Beginner Core** A foundational core workout designed to build strength, stability, and endurance. This class focuses on simple, effective exercises to engage your abs, back, and improve posture. Perfect for all fitness levels, especially beginners!
- **Beginner Step** is a fun, moderate-intensity cardio workout using a raised step to teach basic movements. It strengthens muscles, improves cardiovascular fitness, enhances coordination, and is perfect for beginners or anyone seeking variety in their routine.
- **Beginner/Easy Tai Chi** Offered with a chair option for added support, this gentle practice is perfect for beginners or those seeking a supportive, low-impact way to improve their health.
- **Cardio Kickboxing** A high-energy workout combining martial arts techniques with fast-paced cardio. This class improves endurance, coordination, and strength through punches, kicks, and drills. No experience needed-just bring your energy!
- **Cardio Sculpt** is a high-energy class that blends cardiovascular exercise with strength training for a full-body workout. Designed to tone muscles, boost metabolism, and build stamina, this class combines cardio intervals with toning exercises to elevate your heart rate and develop lean muscle. It's an excellent way to improve cardiovascular health, enhance coordination, and strengthen key muscle groups, all while increasing overall fitness and endurance.
- **Chair Yoga** A gentle, accessible yoga class using a chair for support. Focuses on flexibility, strength, and relaxation through seated and standing poses. Perfect for all levels, including those with mobility limitations.
- **Core Strength & Stretch** is a focused workout designed to strengthen the muscles of your abdomen, lower back, and pelvis. By improving stability, flexibility, and posture, this class helps prevent injuries and supports overall functional movement. Exercises may include bodyweight movements, resistance bands, and dumbbells, and can be adjusted to suit all fitness levels. It's perfect for anyone looking to build a strong foundation of core strength to enhance everyday activities or complement other fitness routines.
- **Cycling** an energizing indoor ride that builds endurance, strength, and cardiovascular fitness. Pedal through intervals, hills, and sprints with motivating music and coaching. Suitable for all fitness levels-adjust the intensity to match your pace!
- **Fit Mix** is a well-rounded class designed to promote overall health and wellness through a combination of aerobic exercises, strength training, flexibility, and balance work. Ideal for those looking to improve their fitness level without focusing on a specific area, this class helps enhance cardiovascular health, build strength and endurance, and improve flexibility and balance, making it a great option for maintaining an active and healthy lifestyle.
- **High Fitness** is a fun and energizing group class combining high-intensity interval training (HIIT) with plyometric moves. This modern twist on aerobics boosts cardio fitness, burns calories, and tones muscles. It's suitable for all fitness levels, making it perfect for anyone wanting to challenge themselves.
- **Beginner Strength** is a fitness program tailored for older adults, focusing on improving balance, strength, and mobility. The class incorporates exercises targeting the legs, hips, and core, with the option of using a chair for added support and stability. Designed to reduce the risk of falls, enhance coordination, and maintain independence, this program also fosters a sense of community and overall well-being while promoting physical health and confidence.
- **Strength Fusion** is a dynamic workout that blends strength training and cardio exercises to build muscle, enhance endurance, and tone your body. Featuring a variety of functional movements and equipment like dumbbells, kettlebells, and resistance bands, this class provides a balanced approach to fitness. Whether your goal is to increase strength, improve cardiovascular health, or boost overall fitness, Strength Fusion offers a challenging and effective workout for all levels.
- **Tai Chi** is an ancient martial art that combines slow, flowing movements with mindfulness and deep breathing. This low-impact practice enhances balance, coordination, and flexibility while promoting relaxation and mental clarity. Performed in a calm, focused manner, it's ideal for stress relief and overall well-being.
- **Vinyasa Yoga** A dynamic, breath-linked flow that builds strength, flexibility, and mindfulness. Suitable for all levels, this class promotes balance, relaxation, and energy renewal.
- **Walk 15** is a low-impact cardio workout that uses walking-based movements set to upbeat music. The class helps improve cardiovascular endurance, burn calories, and build strength-all in a fun, supportive environment. Suitable for all fitness levels.

AQUATIC CLASSES:

- **Deep H2O** Enjoy a low-impact workout in deep water with exercises like running, biking, cross-country skiing, and muscle-strengthening moves. This class is ideal for joint protection while promoting full-body toning.
- **Rockin' the Waves** A high-energy pool workout that combines cardio, strength, and interval training. This class delivers a fun and effective fitness experience.
- **SilverSneakers Splash** This shallow-water class is perfect for all skill levels, offering aerobic exercise and resistance training in a supportive, low-impact environment. Ideal for non-swimmers seeking a full-body workout.