

Group Fitness Schedule Spring 2022

Lakota Family YMCA



Time / Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 - 9:45am				Silver Sneakers Tai Chi (Game room)		
9:05 - 10:05am						Muscle Mix - Judie
9:45 - 10:45am		Cycling - Erin	Gentle Yoga - Reema	Vinyasa Flow Yog - Reema	Cycling - Erin	
10:00 - 11:00am	Silver Sneakers Stability - Emmy	Silver Sneakers Stability - Emmy		Silver Sneakers Classic - Emmy		
10:30 - 11:05pm		Core Builder - Judie				
10:30 - 12:00pm						Boot Camp - Dave
11:05 - 12:05pm	Muscle Mix - Judie	Muscle Mix - Judie	Body Sculpting - Judie			
11:35 - 12:35pm	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	
12:10 - 12:40pm						
5:40 - 6:40pm						
6:15 - 6:45pm	Tai Chi Easy (Beginners) - Don					
6:45 - 7:45pm	Tai Chi+ - Don					
7:00 - 8:00pm		Dance Jam/Zumba - Judie				
7:05 - 8:05pm		Cardio Camp - Dave		Cardio Camp - Dave		
7:20 - 8:15pm		H2O Fitness Shallow - Jenny		H2O Fitness Deep - Jenny		
Child Watch	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm	9:00-12:00pm

UPDATED 11/22/2021