

Group Fitness Schedule Spring 2023

Lakota Family YMCA



| Time / Period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|------------------------------------|--------------------------------|-----------------------------------|---------------------------------|-------------------------------|----------------------|
| 8:00 - 9:00am | | | | | | |
| 8:45 - 9:45am | | | | Silver Sneakers Tai Chi(GR) | | |
| 9:00 - 9:30am | Core Fitness - Emmy(Studio B) | | | | | |
| 9:00 - 10:00am | | | | | | |
| 9:30 - 10:30am | | | | | Vinyasa Yoga - Karen(GR) | |
| 9:45 - 10:45am | Beginner Step(Studio A) | Cycling - Sheena (Studio A) | Gentle Yoga - Reema (Studio A) | Beginner Step(Studio A) | Cycling- Erin (Studio A) | |
| 10:00 - 11:00am | Silver Sneakers Stability - Emmy | Chair Yoga - Emmy | Silver Sneakers Classic - Emmy | General Fitness-Emmy (Studio B) | | |
| 10:30 - 11:05pm | | Core Builder - Judie(Studio B) | | | | |
| 10:30 - 11:00am | | | | | Beginners Core-Emmy(Studio B) | |
| 10:30-12:00pm | | | | | | Boot Camp-(Studio B) |
| 11:05 - 12:05pm | Muscle Mix - Judie (Studio B) | Muscle Mix - Judie (Studio B) | Body Sculpting - Judie (Studio B) | | | |
| 11:40 - 12:40pm | Silver Sneakers Splash - Emmy | Rockin the Waves - Emmy | Silver Sneakers Splash - Emmy | Rockin the Waves - Emmy | Silver Sneakers Splash - Emmy | |
| 5:00 - 6:00pm | | | Vinyasa Yoga- Karen (Studio C) | | | |
| 5:45 - 6:30pm | | | | Cycling - Sheena(Studio A) | | |
| 6:15 - 6:45pm | Tai Chi Easy (Beginners)(Studio B) | | | | | |
| 6:45 - 7:45pm | Tai Chi+ - Don (Studio B) | | | | | |
| 7:00 - 7:45pm | | | Total Body Crush- Amy(Studio B) | | | |
| 7:00 - 8:00pm | | H2O Fitness - Jenny | | H2O Fitness - Jenny | | |
| 7:05 - 8:05pm | | Cardio Camp - Dave(Studio B) | | Cardio Camp - Dave (Studio B) | | |
| 7:20 - 8:15pm | | | | | | |
| 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 03/20/2023