

Group Fitness Schedule Winter 2022

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					
9:00 - 10:00am						Crush & Burn
9:30 - 10:30am					Vinyasa Yoga - Karen	
9:45 - 10:45am		Cycling - Erin	Gentle Yoga - Reema		Cycling- Erin	
10:00 - 11:00am	Silver Sneakers Stability - Emmy	Chair Yoga - Emmy	Silver Sneakers Classic - Emmy	General Fitness-Emmy		
10:30 - 11:05pm		Core Builder - Judie				
10:30 - 11:00am					Beginners Core - Emmy	
10:30-12:00pm						Boot Camp - Dave
11:05 - 12:05pm	Muscle Mix - Judie	Muscle Mix - Judie	Body Sculpting - Judie			
11:40 - 12:40pm	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	
1:00 - 2:00pm						
5:00 - 6:00pm			Vinyasa Yoga- Karen			
6:15 - 6:45pm	Tai Chi Easy (Beginners) - Don					
6:45 - 7:45pm	Tai Chi+ - Don					
7:00 - 7:45pm			Total Body Crush- Amy			
7:00 - 8:00pm		H2O Fitness - Jenny		H2O Fitness - Jenny		
7:05 - 8:05pm		Cardio Camp - Dave		Cardio Camp - Dave		
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 11/14/2022