

# 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          |                               | Zumba – Heileigh                    |                               |                    |
| 7:05 – 8:05pm      |                                  | Cardio Camp – Dave               |                               | Cardio Camp – Dave                  |                               |                    |
| 7:20 – 8:15pm      |                                  |                                  |                               |                                     |                               |                    |
| <b>Child Watch</b> | 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