



LAKOTA FAMILY YMCA

GROUP FITNESS SCHEDULE (UPDATED 11/5/2024)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILD WATCH CLOSED	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 9a-12p
	8:30a-9:30a Deep H2O Pool Emmy	8:30a-9:30a Deep H2O Pool Emmy	6a-6:50a High Fitness Studio B Jill	6a-6:45a Martial Arts Fusion Studio A Teresa	6a-6:50a High Fitness Studio B Jill	9:45a-10:30a Cycling Studio C Juliana
	9:30a-10:30a Beginner Step Studio A Rosa	10a-11a Chair Yoga Gymnasium Emmy	8:30a-9:30a Shallow H2O Pool Emmy	8:45a-9:30a Cardio Sculpt Studio B Judie	9a-9:45a Beginner Step Studio A Rosa	10:30a-12p Boot Camp Studio B Dave
	9:30a-10:30a High Fitness Studio B Jill	11a-12p Core Strength & Stretch Studio B Judie	9:30a-10:30a Gentle Yoga Studio B Katie	8:45a-9:45a Tai Chi Easy Community Room Don	9:45a-10:30a Barre Studio A Rosa	
	10a-11a SilverSneakers Gymnasium Emmy	11:30a-12:30p Rockin' the Waves Pool Emmy	10a-11a SilverSneakers Classic Gymnasium Emmy	10a-11a General Fitness Studio B Emmy	9:45a-10:45a Cycling Studio C Erin	
	10:45a-11:45a Strength Fusion Studio B Judie	6:05-6:55 Martial Arts Fusion Studio A Teresa	10:45a-11:45a Strength Fusion Studio B Judie	11:30a-12:30p Rockin' the Waves Pool Emmy	10a-11a Beginner Core Studio B Emmy	
	11:30a-12:30p SilverSplash Pool Emmy	7p-8p H2O Fitness Pool Jenny	11:30a-12:30p SilverSplash Pool Emmy	7p-8p H2O Fitness Pool Jenny	10:35a-11:35a Vinyasa Yoga Studio A Katie	
	6:20p-6:50p Tai Chi Easy (beg.) Studio B Don	7:05p-8:05p Cardio Camp Studio B Dave	4:45p-5:45p Vinyasa Yoga Studio B Karen	7:05p-8:05p Cardio Camp Studio B Dave	11:30a-12:30p SilverSplash Pool Emmy	
	6:50p-7:50p Tai Chi+ Studio B Don		6p-6:45p Cycling Studio C Juliana			

LAKOTA Y APP



STAY INFORMED

TEXT "STAY INFORMED"

To 545-39

Receive Text Notifications for last
minute class changes.

