



# LAKOTA FAMILY YMCA

## GROUP FITNESS SCHEDULE (UPDATED 8/14/2025)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHILD WATCH</b> CLOSED	<b>CHILD WATCH</b> 9:30a-12:30p 5:30p-8:30p	<b>CHILD WATCH</b> 9:30a-12:30p 5:30p-8:30p	<b>CHILD WATCH</b> 9:30a-12:30p 5:30p-8:30p	<b>CHILD WATCH</b> 9:30a-12:30p 5:30p-8:30p	<b>CHILD WATCH</b> 9:30a-12:30p	<b>CHILD WATCH</b> 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	8:45a-9:30a Cardio Sculpt Studio B Judie	6a-6:50a High Fitness Studio B Jill	9:45a-10:30a Cycling Studio C Juliana
	9:30a-10:30a High Fitness Studio B Jill	10a-11a Chair Yoga West Gymnasium Emmy	7:15a-8:15a Cardio Kickboxing Studio B Teresa	8:45a-9:45a Tai Chi Easy Studio A Don	9:45a-10:45a Cycling Studio C Erin	10:30a-11:30p Cardio Kickboxing Studio B Teresa
	10a-11a SilverSneaker Stability West Gymnasium Emmy	11a-12p Core Strength & Stretch Studio B Judie	8:30a-9:30a Shallow H2O Pool Emmy	10a-11a Fit Mix Studio B Emmy	10a-11a Beginner Core Studio B Emmy	
	10:45a-11:45a Strength Fusion Studio B Judie	11:30a-12:30p Rockin' the Waves Pool Emmy	9:30a-10:30a Gentle Yoga Studio B Katie	11:30a-12:30p Rockin' the Waves Pool Emmy	10:35a-11:35a Vinyasa Yoga Studio A Katie	
	11:30a-12:30p SilverSplash Pool Emmy	7p-8p H2O Fitness Pool Jenny	10a-11a SilverSneaker Balance West Gymnasium Emmy	7p-8p H2O Fitness Pool Jenny	11:30a-12:30p SilverSplash Pool Emmy	
	5:30p-6:30p Tai Chi Easy (beg.) Studio B Don	7:05p-8:05p Cardio Camp Studio B Dave	10:45a-11:45a Strength Fusion Studio B Judie	7:05p-8:05p Cardio Camp Studio B Dave		
			11:30a-12:30p SilverSplash Pool Emmy			
			4:30p-5:30p Vinyasa Yoga Studio B Karen			
			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.



## LAND CLASSES:

**Barre** is a low-impact, full-body workout blending ballet, yoga, Pilates, and strength training. Using a Barre for stability and incorporating tools like resistance bands or hand weights, this class tones muscles, improves posture, and builds core strength. It's perfect for participants of all fitness levels seeking low-impact exercises to enhance strength and flexibility.

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**Beginner Core** A foundational core workout designed to build strength, stability, and endurance. This class focuses on simple, effective exercises to engage your abs, back, and improve posture. Perfect for all fitness levels, especially beginners!

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**Beginner Step** is a fun, moderate-intensity cardio workout using a raised step to teach basic movements. It strengthens muscles, improves cardiovascular fitness, enhances coordination, and is perfect for beginners or anyone seeking variety in their routine.

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**Beginner/Easy Tai Chi** Offered with a chair option for added support, this gentle practice is perfect for beginners or those seeking a supportive, low-impact way to improve their health.

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**Cardio Kickboxing** A high-energy workout combining martial arts techniques with fast-paced cardio. This class improves endurance, coordination, and strength through punches, kicks, and drills. No experience needed—just bring your energy!

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**Cardio Sculpt** is a high-energy class that blends cardiovascular exercise with strength training for a full-body workout. Designed to tone muscles, boost metabolism, and build stamina, this class combines cardio intervals with toning exercises to elevate your heart rate and develop lean muscle. It's an excellent way to improve cardiovascular health, enhance coordination, and strengthen key muscle groups, all while increasing overall fitness and endurance.

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**Chair Yoga** A gentle, accessible yoga class using a chair for support. Focuses on flexibility, strength, and relaxation through seated and standing poses. Perfect for all levels, including those with mobility limitations.

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**Core Strength & Stretch** is a focused workout designed to strengthen the muscles of your abdomen, lower back, and pelvis. By improving stability, flexibility, and posture, this class helps prevent injuries and supports overall functional movement. Exercises may include bodyweight movements, resistance bands, and dumbbells, and can be adjusted to suit all fitness levels. It's perfect for anyone looking to build a strong foundation of core strength to enhance everyday activities or complement other fitness routines.

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**Cycling** an energizing indoor ride that builds endurance, strength, and cardiovascular fitness. Pedal through intervals, hills, and sprints with motivating music and coaching. Suitable for all fitness levels—adjust the intensity to match your pace!

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**Fit Mix** is a well-rounded class designed to promote overall health and wellness through a combination of aerobic exercises, strength training, flexibility, and balance work. Ideal for those looking to improve their fitness level without focusing on a specific area, this class helps enhance cardiovascular health, build strength and endurance, and improve flexibility and balance, making it a great option for maintaining an active and healthy lifestyle.

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**High Fitness** is a fun and energizing group class combining high-intensity interval training (HIIT) with plyometric moves. This modern twist on aerobics boosts cardio fitness, burns calories, and tones muscles. It's suitable for all fitness levels, making it perfect for anyone wanting to challenge themselves.

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**Kickboxing** Get ready to punch, kick, and sweat in this high-energy cardio workout! Kickboxing blends martial arts with upbeat music for a full-body burn that boosts strength, stamina, and confidence. All fitness levels welcome—modifications provided.

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**Martial Arts Fusion** is a high-energy workout that blends the techniques of various martial arts styles, such as Tae Kwon Do, with the cardiovascular benefits of aerobic exercise. Featuring movements like kicks, punches, and dynamic strikes, this class builds strength, flexibility, coordination, and speed. It's a fun and engaging way to improve physical fitness while learning valuable martial arts skills in a safe and supportive environment.

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**Beginner Strength** is a fitness program tailored for older adults, focusing on improving balance, strength, and mobility. The class incorporates exercises targeting the legs, hips, and core, with the option of using a chair for added support and stability. Designed to reduce the risk of falls, enhance coordination, and maintain independence, this program also fosters a sense of community and overall well-being while promoting physical health and confidence.

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**Strength Fusion** is a dynamic workout that blends strength training and cardio exercises to build muscle, enhance endurance, and tone your body. Featuring a variety of functional movements and equipment like dumbbells, kettlebells, and resistance bands, this class provides a balanced approach to fitness. Whether your goal is to increase strength, improve cardiovascular health, or boost overall fitness, Strength Fusion offers a challenging and effective workout for all levels.

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**Tai Chi** is an ancient martial art that combines slow, flowing movements with mindfulness and deep breathing. This low-impact practice enhances balance, coordination, and flexibility while promoting relaxation and mental clarity. Performed in a calm, focused manner, it's ideal for stress relief and overall well-being.

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**Vinyasa Yoga** A dynamic, breath-linked flow that builds strength, flexibility, and mindfulness. Suitable for all levels, this class promotes balance, relaxation, and energy renewal.

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## AQUATIC CLASSES:

**Deep H2O** Enjoy a low-impact workout in deep water with exercises like running, biking, cross-country skiing, and muscle-strengthening moves. This class is ideal for joint protection while promoting full-body toning.

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**H2O Fitness** An aerobic workout held in the shallow end of the pool, blending warm-up, cardio, strength training, and cool-down exercises. Perfect for anyone looking for an effective water-based workout without the need to swim.

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**Rockin' the Waves** A high-energy pool workout that combines cardio, strength, and interval training. Featuring water walking, bicep curls, leg lifts, kickboard exercises, and more, this class delivers a fun and effective fitness experience.

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**SilverSneakers Splash** This shallow-water class is perfect for all skill levels, offering aerobic exercise and resistance training in a supportive, low-impact environment. Ideal for non-swimmers seeking a full-body workout.

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