



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

2020

Updated 9/18/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Cycling 8:00 - 9:00am	
	Cycling 9:40 - 10:40am		Cycling 9:40 - 10:40am	Cycling 9:40 - 10:40am		
				BANG! 1:00 - 2:00pm		
Tai Chi 6:40 - 7:40pm						
Child Watch 9:30 - 12:30 pm 5:30 - 8:30 pm	Child Watch 9:30 - 12:30 pm 5:30 - 8:30 pm	Child Watch 9:30 - 12:30 pm 5:30 - 8:30 pm	Child Watch 9:30 - 12:30 pm 5:30 - 8:30 pm	Child Watch 9:30 - 12:30 pm	Child Watch 9:00 - 12:00 pm	

Class Schedule is subject to change due to instructor availability.

[REGISTER FOR GROUP FITNESS CLASSES HERE!](#)

