



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

2021

Updated 4/1/2021

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	Muscle Mix 9:05 - 10:05am	
SilverSneakers Stability 10:00 - 11:00am	SilverSneakers Splash 10:00 - 11:00am	SilverSneakers Classic 10:00 - 11:00am	SilverSneakers Splash 10:00 - 11:00am		Boot Camp 10:30am - 12:00pm	
Muscle Mix 11:05am - 12:05pm	Muscle Mix 11:05am - 12:05pm			BANG! 11:05am - 12:05pm		
						Cycling 12:00 - 1:00pm
Cycling 5:45 - 6:30pm	Cardio Camp 7:05 - 8:05pm	Vinyasa Flow Yoga 5:40 - 6:40pm				
Tai Chi 6:45 - 7:45pm	Dance Jam/Zumba 7:10 - 8:10pm		Cardio Camp 7:05 - 8:05pm			
	H2O Fitness Shallow 7:20 - 8:15pm		H2O Fitness Deep 7:20 - 8:15pm			
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!](#)

[REGISTER FOR CHILD WATCH HERE!](#)