



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKOTA FAMILY YMCA

## Group Fitness Schedule

2021

Updated 3/22/2021

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