

Group Fitness Schedule Spring 2022

Lakota Family YMCA



Time / Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00am		*Intro to HIIT*-Brandon				
8:45 - 9:45am				Silver Sneakers Tai Chi(GR)		
9:05 - 10:05am						Muscle Mix - Judie
9:45 - 10:45am	General Fitness-Emmy	Cycling - Erin	Gentle Yoga - Reema		Cycling - Erin	
10:00 - 11:00am				*Intro to HIIT*-Shane		
10:00 - 11:00am		Silver Sneakers Stability - Emmy		Silver Sneakers Classic - Emmy		
10:30 - 11:05pm		Core Builder - Judie				
10:30 - 12:00pm						Boot Camp - Dave
11:05 - 12:05pm	Muscle Mix - Judie	Muscle Mix - Judie	Body Sculpting - Judie			
11:40 - 12:40pm	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	
1:00 - 2:00pm						*Intro to HIIT*-S
6:00 - 7:00pm				Vinyasa Yoga- Karen		
6:15 - 6:45pm	Tai Chi Easy (Beginners) - Don					
6:45 - 7:45pm	Tai Chi+ - Don					
7:00 - 8:00pm		Dance Jam/Zumba - Judie				
7:05 - 8:05pm		Cardio Camp - Dave		Cardio Camp - Dave		
7:20 - 8:15pm						
Child Watch	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm & 5:30-8:30	9:30-12:30pm	9:00-12:00pm

INTRO TO HIIT STARTS JUNE 7th