

# Group Fitness Schedule

Lakota Family YMCA



Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:45am				Silver Sneakers Tai Chi (GR)		
9:05-10:05am						Muscle Mix - Judie
9:45-10:45am		Cycling - Erin	Gentle Yoga - Reema		Cycling - Erin	
10:00-11:00am	Silver Sneakers Stability - Emmy	Silver Sneakers Stability - Emmy		Silver Sneakers Classic - Emmy		
10:30-11:05am		Core Builder - Judie				
10:30-12:00pm						Boot Camp - Dave
11:05-12:05pm	Muscle Mix - Judie	Muscle Mix - Judie	Body Sculpting - Judie			
11:35-12:35pm	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	Rockin the Waves - Emmy	Silver Sneakers Splash - Emmy	
12:10-12:40pm						
5:40-6:40pm						
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		H2O Fitness Shallow - Jenny		H2O Fitness Deep - Jenny		
CHILD WATCH	9:30am - 12:30pm & 5:30pm - 8:30pm	9:30am - 12:30pm & 5:30pm - 8:30pm	9:30am - 12:30pm & 5:30pm - 8:30pm	9:30am - 12:30pm & 5:30pm - 8:30pm	9:30am - 12:30pm	9:00am - 12:00pm