



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule

2021

Updated 1/22/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Cycling 8:00 - 9:00am	
Cycling 9:40 - 10:40am BEGINS 2/1/21	Cycling 9:40 - 10:40am		Cycling 9:40 - 10:40am	Cycling 9:40 - 10:40am	Muscle Mix 9:05 - 10:05am	
SilverSneakers Stability 10:15 - 11:00am	Muscle Mix 11:05am - 12:05pm	SilverSneakers Stability 10:15 - 11:00am	SilverSneakers Classic 10:15 - 11:00am	BANG! 11:05am - 12:05pm	Boot Camp 10:30am - 12:00pm	
						Cycling 12:00 - 1:00pm
Cycling 6:00 - 6:45pm	Dance Jam/Zumba 7:10 - 8:10pm		Cardio Camp 6:30 - 7:30pm			
Tai Chi 6:40 - 7:40pm	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!](#)

