

MONDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
9:00-9:30am	Core Fitness	Emmy	Studio B
9:30-10:30am	Beginner Step	Rosa	Studio A
9:30-10:30am	High Fitness	Jill	Studio B
10:00-11:00am	Silver Sneakers Stability	Emmy	Gym
10:45-11:45am	Strength Fusion	Judie	Studio B
11:30-12:30pm	Silver Sneakers Splash	Emmy	Pool
5:30- 6:15PM	Body Sculpt	Juliana	Studio B
6:20 - 6:50pm	Tai Chi Easy (Beginners)	Don	Studio B
6:50- 7:50pm	Tai Chi+	Don	Studio B

TUESDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
9:45 - 10:45am	Cycling	Sheena	Studio C
10:00-11:00am	Chair Yoga	Emmy	Gym
11:00-12:00pm	Core Strength & Stretch	Judie	Studio B
11:30-12:30pm	Rockin the Waves	Emmy	Pool
7:05 -8:05pm	Cardio Camp	Dave	Studio B

WEDNESDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
6:00 - 6:50am	High Fitness	Jill	Studio B
9:45 -10:45am	Gentle Yoga	Reema	Studio A
10:00-11:00am	Silver Sneakers Classic	Emmy	Gym
10:45-11:45am	Strength Fusion	Judie	Studio B
11:30-12:30pm	Silver Sneakers Splash	Emmy	Pool
4:45-5:45pm	Vinyasa Yoga	Karen	Studio B
6:00- 6:45pm	Cycling	Juliana	Studio C

THURSDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
8:45 - 9:30am	Cardio Sculpt	Judie	Studio B
8:45 - 9:45am	Tai Chi Easy	Don	Racquetball
9:45-10:30am	Cycling	Sheena	Studio C
10:00 -11:00am	General Fitness	Emmy	Studio B
11:30 -12:30pm	Rockin the Waves	Emmy	Pool
6:00- 7:00pm	Cycling	Juliana	Studio C
7:05 - 8:05pm	Cardio Camp	Dave	Studio B

FRIDAY	Child Watch:	9:30-12:30pm	
TIME	CLASS	INSTRUCTOR	LOCATION
9:00 - 9:45am	Beginner Step	Rosa	Studio A
9:30 - 10:30am	Vinyasa Yoga	Karen	Art Room
9:45-10:30am	BARRE	Rosa	Studio A
9:45 - 10:45am	Cycling	Erin	Studio C
10:15- 11:00am	Beginner Core	Emmy	Studio B
11:30 - 12:30pm	Silver Sneakers Splash	Emmy	Pool

SATURDAY	Child Watch:	9:00-12:00pm	
TIME	CLASS	INSTRUCTOR	LOCATION
9:45- 10:30am	Cycling	Juliana	Studio C
10:30-12:00pm	Boot Camp	Dave	Studio B

Lakota Family YMCA

Group Fitness Schedule Spring 2024

updated 04/18/2024

