

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
6:15 - 6:45pm	Tai Chi Easy (Beginners)	Don	Studio B
6:45 - 7:45pm	Tai Chi+	Don	Studio B

TUESDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	Sunrise Yoga	Katelynn	Studio A
9:30-10:30am	Vibe & Flow Yoga	Rachel	Studio B
9:45 - 10:45am	Cycling	Sheena	Studio C
10:00-11:00am	Chair Yoga	Emmy	Gym
10:35-11:15am	Core Strength	Judie	Studio B
11:15-12:00pm	Plyo Strength	Judie	Studio B
11:30-12:30pm	Rockin the Waves	Emmy	Pool
7:00 -8:00pm	H2O Fitness	Jenny	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
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
5:00-6:00pm	Vinyasa Yoga	Karen	Studio B
7:30-8:30pm	High Fitness	Jill	Studio B

THURSDAY	Child Watch:	9:30-12:30pm	& 5:30-8:30
TIME	CLASS	INSTRUCTOR	LOCATION
6:00-7:00am	Sunrise Yoga	Katelynn	Studio A
8:45 - 9:45am	Tai Chi Easy	Don	Game Room
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
7:00 - 8:00pm	H2O Fitness	Jenny	Pool
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	Game 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
10:30-12:00pm	Boot Camp	Dave	Studio B

Lakota Family YMCA

Group Fitness Schedule Fall 2023

updated 08/31/2023

