

| 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 |
| 6:20 - 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 |
| 6:00– 7:00pm | Get Tone | Juliana | Studio B |
| 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 |

| | | | |
|---------------|-------------------------|---------|----------|
| 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 |
| 5:00-6:00pm | 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 - 9:45am | 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 |
| 6:00– 7:00pm | Get Tone | Juliana | Studio B |
| 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 |

| | | | |
|------------------|-----------|---------|----------|
| 9:45– 10:30am | Cycling | Juliana | Studio C |
| *Starts 2/10/24* | | | |
| 10:30-12:00pm | Boot Camp | Dave | Studio B |

Lakota Family YMCA

Group Fitness Schedule Winter 2024

updated 1/31/2024

