


LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO

January 1-31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 5:15-6:00 am Jon	TRX Circuit (GYM) 5:15-6:00 am Jon	Yoga 5:15-6:00 am Jon		
	Core & More 6:00-6:30 am Jeannine		Core & More 6:00-6:30 am Jeannine		Core & More 6:00-6:30 am Jeannine	Fusion 8:15-9:00 am Jeannine
Yoga 9:00-9:45 am Carrie	Fusion 9:00-9:45 am Jeannine	TRX Circuit (GYM) 9:00-9:45 am Alena	Fusion 9:00-9:45 am Jeannine	TRX Circuit (GYM) 9:00-9:45 am Alena	Fusion 9:00-9:45 am Jeannine	LesMills Bodypump® 9:15-10:15 am Anthony
Zumba® 10:00-10:45 am Crystal	Barre 10:00-10:45 am Danielle	Zumba® Gold 10:00-10:45 am Amanda	Boom Muscle® (GYM) 10:30-11:00 am Tammy	Zumba® Gold 10:00-10:45 am Amanda		
LesMills Body Combat® 11:00-12:00 pm Garrett	Boom Muscle® (GYM) 10:30-11:00 am Tammy	SilverSneakers Classic® (GYM) 11:00-11:45 pm Brianna	SilverSneakers Yoga® (GYM) 11:15-12:00 pm Tammy	SilverSneakers Classic® (GYM) 11:00-11:45 pm Amanda	SilverSneakers Circuit® (GYM) 10:30-11:15 am Brianna	
	Line Dancing 11:15-12:00 pm Brianna		Drums Alive 11:15-12:00 pm Gene		Yoga 11:15-12:15 pm Alena	
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene		Walking Club 1:00-2:00 pm Brianna	
	TRX Circuit (GYM) 4:30-5:15 pm Brianna			Strength & Conditioning 4:30-5:00 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Barre 5:15-6:00 pm Erin	HIIT 5:30-6:00 pm Bridget	Fusion 5:15-6:00 pm Jeannine	Barre 5:15-6:00 pm Erin	
	Strength & Conditioning 6:15-7:00 pm Jeannine	LesMills Body Combat® 6:15-7:00 pm Apryle	Les Mills Bodypump® 6:15-7:00 pm Jenna	LesMills Body Combat® 6:15-7:00 pm Apryle	Zumba® 6:15-7:00 pm Crystal	
		Strength & Conditioning 7:15-8:00 pm Shana	Zumba® 7:15-8:00 pm Crystal			

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO
 January 1-31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:15-6:00 am Heidi				Group Cycling 5:15-6:00 am Christina	
Group Cycling 8:15-9:00 am Jennifer		Group Cycling 6:30-7:00 am Christina		Group Cycling 6:30-7:00 am Christina		Group Cycling 8:15-9:00 am Heidi
						Yoga 9:15-10:15 am Erin
			Group Cycling 9:00-9:30 am Amanda			TRX 10:30-11:15 am Curtis
	Pilates 11:15-12:00 pm Tammy		Pilates 11:15-12:00 pm Alena			
			Group Cycling 4:30-5:00 pm Alena			
			Yoga 5:15-6:15 pm Alena	Group Cycling 5:15-6:00 pm Jennifer		
	Group Cycling 6:15-7:00 pm Shana					
		Yin Yoga 7:00-8:00 pm Erin		Yoga 7:00-8:00 pm Carrie		