


LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO

May 1-31



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|---|
| | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon | Core & More 6:00-6:30 am Jeannine | |
| | | | | | | Fusion 8:00-9:00 am Jeannine |
| Yoga 9:00-9:50 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 | Yoga 9:15-10:15 am Erin |
| Zumba® 10:00-10:45 am Crystal | Barre 10:00-10:45 am Danielle | Les Mills Bodypump® 10:00-11:00 am Erica | Boom Muscle® (GYM) 10:30-11:00 am Tammy | Les Mills Bodypump® 10:00-11:00 am Erica | SilverSneakers Circuit® (GYM) 10:30-11:15 am Brianna | Les Mills Bodypump® 10:30-11:30 am Christine |
| LesMills Body Combat® 11:00-12:00 pm Garrett | Boom Muscle® (GYM) 10:30-11:00 am Tammy | Zumba® Gold (GYM) 10:00-10:45 am Amanda | SilverSneakers Yoga® (GYM) 11:15-12:00 pm Tammy | Zumba® Gold (GYM) 10:00-10:45 am Amanda | Yoga 11:15-12:15 pm Alena | |
| | Line Dancing (GYM) 11:15-12:00 pm Brianna | SilverSneakers Classic® (GYM) 11:00-11:45 pm Amanda | Drums Alive 11:15-12:00 pm Gene | SilverSneakers Classic® (GYM) 11:00-11:45 pm Danielle | | |
| | Tai Chi 11:15-12:00 pm Gene (Ends May 9) | Barre 11:15-12:00 pm Erica | SilverSneakers Classic® 1:00-1:45 pm Gene | | | |
| | SilverSneakers Classic® 1:00-1:45 pm Gene | | | Strength & Conditioning 4:30-5:10 pm Jeannine | | |
| | Cardio Step 5:30-6:00 pm Jeannine | Barre 5:15-6:00 pm Erin | HIIT 5:15-6:00 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 Apyrle | Les Mills Bodypump® 6:15-7:15 pm Jenna | LesMills Body Combat® 6:15-7:00 pm Jenna | Zumba® 6:15-7:00 pm Crystal | |
| | Pilates 7:15-8:00 pm Erica | | | Les Mills Bodypump® 7:15-8:00 pm Jenna | | |

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO
 May 1-31



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|--|
| | Group Cycling 5:15-6:00 am Heidi | | TRX Circuit 5:15-6:00 am Jon | | Group Cycling 5:15-6:00 am Christina | |
| Group Cycling 8:15-9:00 am Jennifer | | | | | | Group Cycling 8:15-9:00 am Heidi |
| | | Group Cycling 9:00-9:30 am Christina | Group Cycling 9:00-9:30 am Amanda | Group Cycling 9:00-9:30 am Christina | Pilates 9:00-9:45 am Brianna | TRX 9:30-10:15 am Curtis |
| | | | | | | Group Cycling 10:30-11:15 am Curtis |
| | Pilates 11:15-12:00 pm Tammy | | Pilates 11:15-12:00 pm Alena | | | |
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| | TRX Circuit 4:30-5:15 pm Brianna | | TRX Circuit 4:30-5:15 pm Alena | | | |
| | | Group Cycling 5:30-6:15 pm Shana | Yoga 5:30-6:30 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 | | |