


LOCKPORT FAMILY YMCA  
**GROUP FITNESS STUDIO**  
 August 1-31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Core &amp; More</b> 6:00-6:30 am Jeannine	<b>Yoga</b> 5:15-6:00 am Jon	<b>Core &amp; More</b> 6:00-6:30 am Jeannine	<b>Yoga</b> 5:15-6:00 am Jon	<b>Core &amp; More</b> 6:00-6:30 am Jeannine	
		<b>Barre</b> 8:00-8:45 am Erica <b>(No Class 8/2)</b>				<b>Fusion</b> 8:00-9:00 am Jeannine
<b>Yoga</b> 9:00-9:50 am Carrie <b>(No Class 8/7)</b>	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>Outdoor Interval Training</b> 9:00-9:45 am Alena	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>TRX Circuit (GYM)</b> 9:00-9:45 am Alena	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>Les Mills Bodypump®</b> 10:00-11:00 am Christine
<b>Zumba®</b> 10:00-10:45 am Crystal <b>(No Class 8/14)</b>	<b>LesMills Body Combat®</b> 10:00-11:00 am Michelle	<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica		<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica	<b>SilverSneakers Circuit® (GYM)</b> 10:30-11:15 am Brianna	
<b>LesMills Body Combat®</b> 11:00-12:00 pm Garrett	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy <b>(No Class 8/29)</b>	<b>Zumba® Gold (GYM)</b> 10:00-10:45 am Amanda	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy	<b>Zumba® Gold (GYM)</b> 10:00-10:45 am Amanda	<b>SilverSneakers Yoga®</b> 11:30-12:00 pm Brianna	
	<b>Line Dancing (GYM)</b> 11:15-12:00 pm Brianna <b>(No Class 8/29)</b>	<b>SilverSneakers Classic® (GYM)</b> 11:00-11:45 pm Amanda	<b>SilverSneakers Yoga® (GYM)</b> 11:15-12:00 pm Tammy	<b>SilverSneakers Classic® (GYM)</b> 11:00-11:45 pm Danielle		
	<b>Tai Chi</b> 11:15-12:00 pm Gene	<b>Cardio Yoga</b> 11:15-12:15 pm Erica		<b>Yoga</b> 11:15-12:00 pm Erica		
	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene		<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene	<b>Strength &amp; Conditioning</b> 4:30-5:10 pm Jeannine		
	<b>Cardio Step</b> 5:30-6:00 pm Jeannine		<b>HIIT</b> 5:15-6:00 pm Bridget	<b>Fusion</b> 5:15-6:00 pm Jeannine		
	<b>Strength &amp; Conditioning</b> 6:15-7:00 pm Jeannine	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Christine <b>(No Class 8/23)</b>	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Jenna	<b>LesMills Body Combat®</b> 6:15-7:00 pm Jenna		
				<b>Les Mills Bodypump®</b> 7:15-8:00 pm Jenna		

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**FUNCTIONAL FITNESS STUDIO**  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>TRX Circuit</b> 5:15-6:00 am Jon			
<b>Group Cycling</b> 8:15-9:00 am Jennifer		<b>Group Cycling</b> 8:00-8:30 am Amanda				
			<b>Pedaling for Wellness</b> 9:00-9:30 am Amanda		<b>Pilates</b> 9:00-9:45 am Brianna	<b>TRX</b> 9:30-10:15 am Curtis
						<b>Group Cycling</b> 10:30-11:15 am Curtis
	<b>Pilates</b> 11:15-12:00 pm Tammy		<b>Pilates</b> 11:15-12:00 pm Alena			
	<b>TRX Circuit</b> 4:30-5:15 pm Heidi		<b>Cycle + Core</b> 4:30-5:15 pm Shana			
		<b>Group Cycling</b> 5:15-6:00 pm Shana	<b>Yoga</b> 5:30-6:30 pm Carrie			
