


LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO
 September 1-30



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|---|
| | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon (No Class 9/13) | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon (No Class 9/15) | Core & More 6:00-6:30 am Jeannine | |
| | | Barre 8:00-8:45 am Erica | | | | 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 | Les Mills Bodypump® 10:00-11:00 am Christine |
| Zumba® 10:00-10:45 am Crystal (No Class 9/11) | LesMills Body Combat® 10:00-11:00 am Michelle | Les Mills Bodypump® 10:00-11:00 am Erica | Zumba® Step 10:00-10:30 am Amanda | Les Mills Bodypump® 10:00-11:00 am Erica | Yoga 10:00-11:00 am Alena | Yoga 11:30-12:30 am Erin (No Class 9/3) |
| 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 | Boom Muscle® (GYM) 10:30-11:00 am Tammy | Zumba® Gold (GYM) 10:00-10:45 am Amanda | SilverSneakers Circuit® (GYM) 10:30-11:15 am Brianna | Foam Rolling 12:30-1:00 pm Erin (No Class 9/3) |
| | Line Dancing (GYM) Beginner-11:15-12:00 pm Advanced-12:00-12:30 pm Brianna | SilverSneakers Classic® (GYM) 11:00-11:45 pm Amanda | SilverSneakers Yoga® (GYM) 11:15-12:00 pm Tammy | SilverSneakers Classic® (GYM) 11:00-11:45 pm Danielle | SilverSneakers Yoga® 11:30-12:00 pm Brianna | |
| | Tai Chi 11:15-12:00 pm Gene | Cardio Yoga 11:15-12:15 pm Erica | | Piloxing 11:15-12:00 pm Erica | | |
| | SilverSneakers Classic® 1:00-1:45 pm Gene | Cardio Dance 4:30-5:10 pm Danielle (No Class 9/6) | 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 Danielle (No Class 9/6) | HIIT 5:15-6:00 pm Bridget | Fusion 5:15-6:00 pm Jeannine | | |
|  | Strength & Conditioning 6:15-7:00 pm Jeannine | Les Mills Bodypump® 6:15-7:15 pm Christine | Les Mills Bodypump® 6:15-7:15 pm Jenna | LesMills Body Combat® 6:15-7:00 pm Jenna (No Class 9/1) | | |
| | Zumba® 7:15-8:00 pm Crystal | Ballroom Dance 7:30-9:30 pm *Registration Required (9/13-11/15) | Yoga 7:30-8:30 pm Carrie | Les Mills Bodypump® 7:15-8:00 pm Jenna (No Class 9/1) | | |

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| 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 8:15-9:00 am Jennifer | | Group Cycling 8:00-8:30 am Amanda | | | Cycle + TRX 8:00-8:45 am Alena | Group Cycling 8:30-9:15 am Heidi |
| | | | Pedaling for Wellness 9:00-9:30 am Amanda | | | TRX 9:30-10:15 am Curtis |
| | | Core & More 10:00-10:30 am Alena | | Meditation 10:00-10:30 am Alena | | 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 | | | | | |
| | | Group Cycling 5:15-6:00 pm Shana | Cycle + Core 5:30-6:15 pm Shana | Group Cycling 5:15-6:00 pm Jennifer | | |
|  | | | | Yoga 6:30-7:30 pm Lexie (No Class 9/1) | | |
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