


LOCKPORT FAMILY YMCA  
**GROUP FITNESS STUDIO**  
 November 1-30



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>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>TRX Circuit (GYM)</b> 9:00-9:45 am Alena	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>Fusion</b> 8:00-9:00 am Jeannine
<b>Zumba®</b> 9:00-10:00 am Melissa	<b>LesMills Body Combat®</b> 10:00-11:00 am Michelle	<b>SilverSneakers Stability®</b> 9:00-9:30 am Tammy	<b>Zumba® Step</b> 10:00-10:30 am Amanda			<b>Les Mills Bodypump®</b> 10:00-11:00 am Christine
<b>LesMills Body Combat®</b> 10:15-11:15 am Garrett	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica	<b>Yoga</b> 10:00-11:00 am Alena	<b>Yoga</b> 11:30-12:30 am Erin <b>(No Class 11/26)</b>
	<b>Pilates</b> 11:15-12:00 pm Tammy	<b>Zumba® Gold (GYM)</b> 10:00-10:45 am Amanda <b>(No Class 11/1)</b>	<b>Pilates</b> 11:15-12:00 pm Alena	<b>Zumba® Gold (GYM)</b> 10:00-10:45 am Amanda <b>(No Class 11/3)</b>	<b>SilverSneakers Circuit® (GYM)</b> 10:30-11:15 am Brianna	
	<b>Line Dancing (GYM)</b> Beginner-11:15-12:00 pm Advanced-12:00-12:30 pm Brianna	<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>SilverSneakers Yoga®</b> 11:30-12:00 pm Brianna	
		<b>Cardio Yoga</b> 11:15-12:15 pm Erica	<b>Drums Alive</b> 12:15-12:45 pm Gene	<b>Yoga</b> 11:15-12:15 pm Erica		
	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene	<b>Cardio Dance</b> 4:30-5:10 pm Danielle	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene	<b>Strength &amp; Conditioning</b> 4:30-5:10 pm Jeannine	<b>Parkinson's Movement</b> 1:00-2:00 pm <b>*Registration Required (9/16-11/18)</b>	
	<b>Cardio Step</b> 5:30-6:00 pm Jeannine	<b>Barre</b> 5:15-6:00 pm Danielle	<b>HIIT</b> 5:15-6:00 pm Bridget <b>(No Class 11/23)</b>	<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>Les Mills Bodypump®</b> 6:15-7:15 pm Jenna <b>(No Class 11/23)</b>	<b>LesMills Body Combat®</b> 6:15-7:00 pm Jenna		
	<b>Zumba®</b> 7:30-8:15 pm Melissa	<b>Ballroom Dance</b> 7:30-9:30 pm <b>*Registration Required (9/13-11/15)</b>	<b>Zumba®</b> 7:30-8:15 pm Melissa <b>(No Class 11/23)</b>	<b>Les Mills Bodypump®</b> 7:15-8:00 pm Jenna		

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**FUNCTIONAL FITNESS STUDIO**  
 November 1-30



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>TRX Circuit</b> 5:15-6:00 am Jon			
<b>Group Cycling</b> 8:00-8:45 am Jennifer <b>(No Class 11/13)</b>					<b>Cycle + TRX</b> 8:00-8:45 am Alena	<b>Group Cycling</b> 8:30-9:15 am Heidi
<b>Yoga</b> 9:00-10:00 am Carrie			<b>Pedaling for Wellness</b> 9:00-9:30 am Amanda			<b>TRX</b> 9:30-10:15 am Curtis
	<b>Cycle + Circuit</b> 10:00-10:45 am Bridget	<b>Core &amp; More</b> 10:00-10:30 am Alena		<b>Meditation</b> 10:00-10:30 am Alena		<b>Group Cycling</b> 10:30-11:15 am Curtis
	<b>Tai Chi</b> 11:15-12:00 pm Gene					
	<b>TRX Circuit</b> 4:30-5:15 pm Brianna		<b>Pilates</b> 4:30-5:15 pm Brianna <b>(No Class 11/23)</b>			
	<b>Cycle + Core</b> 5:30-6:15 pm Heidi	<b>Group Cycling</b> 5:15-6:00 pm Shana	<b>Cycle + Core</b> 5:30-6:15 pm Shana <b>(No Class 11/23)</b>	<b>Group Cycling</b> 5:15-6:00 pm Jennifer		
			<b>Yoga</b> 7:00-8:00 pm Carrie <b>(No Class 11/23)</b>	<b>Yoga</b> 6:30-7:30 pm Lexie		