


LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO


January 1-31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core & More 6:00-6:30 am Jeannine (No Class 1/2)	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 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	Fusion 8:00-9:00 am Jeannine
Zumba® 9:00-10:00 am Melissa		SilverSneakers Stability® 9:00-9:30 am Tammy	Zumba® Step 10:00-10:30 am Amanda		Yoga 10:00-11:00 am Alena	Les Mills Bodypump® 10:00-11:00 am Christine
LesMills Body Combat® 10:15-11:15 am Garrett	Boom Muscle® (GYM) 10:30-11:00 am Tammy	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	
	Pilates 11:15-12:00 pm Tammy	Zumba® Gold (GYM) 10:00-10:45 am Amanda	Pilates 11:15-12:00 pm Alena	Zumba® Gold (GYM) 10:00-10:45 am Amanda	SilverSneakers Yoga® 11:30-12:00 pm Brianna	
	Line Dancing (GYM) Beginner/Intermediate 11:15-12:00 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	Parkinson's Movement (Registration Required) 1:00-2:00 pm Tammy/Gene	
			Drums Alive 12:15-12:45 pm Gene	Pilates Yoga Fusion 11:15-12:00 pm Erica		
	SilverSneakers Classic® 1:00-1:45 pm Gene	Pound Unplugged 4:30-5:00 pm Carrie	SilverSneakers Classic® 1:00-1:45 pm Gene	Strength & Conditioning 4:30-5:10 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Yoga for Parents and Kids (Community Rm1) 5:30-6:00 pm Carrie	HIIT 5:30-6:10 pm Bridget	Fusion 5:15-6:00 pm Jeannine		
	Strength & Conditioning 6:15-7:00 pm Jeannine	Barre 5:15-6:00 pm Danielle	Les Mills Bodypump® 6:15-7:00 pm Jenna	LesMills Body Combat® 6:15-7:00 pm Jenna		
	Zumba® 7:15-8:00 pm Melissa	Les Mills Bodypump® 6:15-7:15 pm Christine	Zumba® 7:15-8:00 pm Melissa	Les Mills Bodypump® 7:15-8:00 pm Jenna		

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO
 January 1-31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TRX Circuit 5:15-6:00 am Jon			
Group Cycling 8:00-8:45 am Jennifer					Cycle + TRX 8:00-8:45 am Alena	Group Cycling 8:30-9:15 am Heidi
Yoga 9:00-10:00 am Carrie	Pilates Yoga Fusion 9:00-9:45 am Michelle	Yoga and Meditation 9:00-9:45 am Erica	Pedaling for Wellness 9:00-9:30 am Amanda		Barrelates 9:00-9:45 am Erin	Yoga 9:30-10:30 am Erin
	Cycle + Circuit 10:00-10:45 am Bridget	Core & More 10:00-10:30 am Alena		Meditation 10:00-10:30 am Alena		Barre 11:00-11:45 am Erin
	Tai Chi 11:15-12:00 pm Gene				Yoga for Parents and Kids 11:30-12:00 pm Tammy	
	TRX Circuit 4:30-5:15 pm Brianna		Pilates 4:30-5:15 pm Brianna			
	Cycle + Core 5:30-6:15 pm Heidi	Group Cycling 5:15-6:00 pm Shana	Cycle + Core 5:30-6:15 pm Shana	Group Cycling 5:15-6:00 pm Jennifer		
		Cardio Dance 6:15-7:00 pm Danielle	Yoga 6:30-7:30 pm Carrie	Yoga 6:30-7:30 pm Lexie		