LOCKPORT FAMILY YMCA

GROUP FITNESS STUDIO

April 2 - April 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core & More 6:00-6:30 am Jeannine	**Yoga** 5:15-6:00 am Jon **(No Class 4/11)**	**Core & More** 6:00-6:30 am Jeannine	**Yoga** 5:15-6:00 am Jon **(No Class 4/13)**	**Core & More** 6:00-6:30 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** 8:00-9:00 am Jeannine
LesMills Body Combat® 9:15-10:15 am Garrett	**Fusion** 9:00-9:45 am Jeannine	**SilverSneakers Stability®** 9:00-9:30 am Tammy	**Zumba® Step** 10:00-10:30 am Amanda **(No Class 4/5)**	**Line Dancing** Intermediate/Advance 9:00-9:45 am Brianna	**Fusion** 9:00-9:45 am Jeannine	**Les Mills Bodypump®** 10:00-11:00 am Christine
	Boom Muscle® (GYM) 10:30-11:00 am Tammy	**Les Mills Bodypump®** 10:00-11:00 am Holly	**Boom Muscle® (GYM)** 10:30-11:00 am Tammy	**Les Mills Bodypump®** 10:00-11:00 am Holly	**Yoga** 10:00-11:00 am Alena	
Zumba® 10:30-11:30 am Melissa	**Zumba®** 10:30-11:00 am Melissa	**Zumba® Toning (GYM)** 10:00-10:45 am Amanda **(No Class 4/4 & 4/11)**	**Pilates** 11:15-12:00 pm Alena	**SilverSneakers Stability® (GYM)** 10:00-10:30 am Amanda	**SilverSneakers Circuit® (GYM)** 10:30-11:15 am Brianna	
	Pilates 11:15-12:00 pm Tammy	**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	
	Line Dancing (GYM) Beginner/Intermediate 11:15-12:00 pm Brianna **(No Class 4/3)**		**Drums Alive** 12:15-12:45 pm Gene	**Pilates Yoga Fusion** 11:15-12:00 pm Brianna	**Parkinson's Movement** ***Registration Required*** 1:00-2:00 pm Tammy/Gene	
	SilverSneakers Classic® 1:00-1:45 pm Gene		**SilverSneakers Classic®** 1:00-1:45 pm Gene			
		Yoga for Parents and Kids (Community Rm1) 5:30-6:00 pm Carrie	**Pilates** 4:30-5:15 pm Brianna	**Strength & Conditioning** 4:30-5:10 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	**Barre** 5:15-6:00 pm Danielle	**HIIT** 5:30-6:10 pm Bridget	**Fusion** 5:15-6:00 pm Jeannine	**Zumba®** 5:30-6:30 pm Crystal **(No Class 4/7)**	
	Strength & Conditioning 6:15-7:00 pm Jeannine	**Les Mills Bodypump®** 6:15-7:15 pm Christine	**Les Mills Bodypump®** 6:15-7:00 pm Jenna	**LesMills Body Combat®** 6:15-7:00 pm Jenna		
		Ballroom Dance ***Registration Required*** 7:30-9:30 pm **(April 18 – May 23)**	**Zumba®** 7:15-8:00 pm Melissa	**Les Mills Bodypump®** 7:15-8:00 pm Jenna		

LOCKPORT FAMILY YMCA

FUNCTIONAL FITNESS STUDIO

April 2 – April 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TRX Circuit 5:15-6:00 am Jon **(No Class 4/12)**			
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			**Pedaling for Wellness** 9:00-9:30 am Amanda		**Barre** 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	**Yoga for Parents and Kids** 10:30-11:00 pm Tammy	**Barre** 11:00-11:45 am Erin
	Tai Chi 11:15-12:00 pm Gene **(Community Rm1)**				**Pilates** 11:15-12:00 pm Tammy	
	TRX Circuit 4:30-5:15 pm Brianna **(No Class 4/3)**				**TRX Circuit** 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		
	Yoga 6:30-7:30 pm Erin	**Cardio Dance** 6:15-7:00 pm Danielle	**Yoga** 6:30-7:30 pm Carrie	**Yoga** 6:30-7:30 pm Lexie		
		Mindfulness Series ***Registration Required*** 6:30-7:30 pm **(April 18 – May 23)** **Community Rm2**				