

LOCKPORT FAMILY YMCA  
**GROUP FITNESS STUDIO**

April 30 – May 27




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>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> 8:00-9:00 am Jeannine
<b>LesMills Body Combat®</b> 9:15-10:15 am Garrett	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>SilverSneakers Stability®</b> 9:00-9:30 am Tammy	<b>Zumba® Step</b> 10:00-10:30 am Amanda	<b>Pilates Yoga Fusion</b> 9:00-9:45 am Brianna <b>(No Class 5/4)</b>	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>Core &amp; More</b> 9:15-9:45 am Christine
<b>Zumba®</b> 10:30-11:30 am Crystal <b>(No Class 5/7, 5/14)</b>	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Holly	<b>Boom Muscle® (GYM)</b> 10:30-11:00 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Holly <b>(No Class 5/4)</b>	<b>Yoga</b> 10:00-11:00 am Alena	<b>Les Mills Bodypump®</b> 10:00-11:00 am Christine
		<b>Zumba® Toning (GYM)</b> 10:00-10:45 am Amanda	<b>Pilates</b> 11:15-12:00 pm Alena	<b>SilverSneakers Stability® (GYM)</b> 10:00-10:30 am Amanda	<b>SilverSneakers Circuit® (GYM)</b> 10:30-11:15 am Brianna	
	<b>Pilates</b> 11:15-12:00 pm Tammy	<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>Line Dancing (GYM)</b> Beginner/Intermediate 11:15-12:00 pm Brianna <b>(No Class 5/8)</b>		<b>Drums Alive</b> 12:15-12:45 pm Gene	<b>Line Dancing</b> Intermediate/Advance 11:15-12:00 pm Brianna <b>(No Class 5/4)</b>	<b>Parkinson's Movement</b> <b>Registration Required</b> 1:00-2:00 pm Tammy/Gene	
	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene	<b>Yoga for Parents and Kids (Community Rm1)</b> 5:30-6:00 pm Carrie <b>(No Class 5/23)</b>	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene	<b>Strength &amp; Conditioning</b> 4:30-5:10 pm Jeannine		
		<b>Barre</b> 5:15-6:00 pm Danielle	<b>Pilates</b> 4:30-5:15 pm Brianna	<b>Fusion</b> 5:15-6:00 pm Jeannine		
	<b>Cardio Step</b> 5:30-6:00 pm Jeannine	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Christine	<b>Box Fitness</b> 5:30-6:15 pm Ryan	<b>LesMills Body Combat®</b> 6:15-7:00 pm Jenna	<b>Zumba®</b> 5:30-6:30 pm Crystal <b>(No Class 5/5)</b>	
	<b>Strength &amp; Conditioning</b> 6:15-7:00 pm Jeannine	<b>Ballroom Dance</b> <b>Registration Required</b> 7:30-9:30 pm <b>(April 18 – May 23)</b>	<b>Les Mills Bodypump®</b> 6:30-7:30 pm Jenna	<b>Les Mills Bodypump®</b> 7:15-8:00 pm Jenna		

LOCKPORT FAMILY YMCA  
**FUNCTIONAL FITNESS STUDIO**

April 30 – May 27



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>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>(No Class 5/21)</b>			<b>Pedaling for Wellness</b> 9:00-9:30 am Amanda		<b>Barre</b> 9:00-9:45 am Erin	<b>Yoga</b> 9:30-10:30 am Erin <b>(No Class 5/5, 5/27)</b>
<b>Barre</b> 10:15-11:00 am Danielle <b>(No Class 4/30)</b>	<b>Cycle + Circuit</b> 10:00-10:45 am Bridget	<b>Core &amp; More</b> 10:00-10:30 am Alena	<b>TRX Circuit</b> 10:00-10:45 am Bridget	<b>Meditation</b> 10:00-10:30 am Alena	<b>Yoga for Parents and Kids</b> 10:30-11:00 pm Tammy	
	<b>Tai Chi</b> Beginner/Intermediate 11:15-12:15 pm Gene <b>(Community Rm1)</b>		<b>Outdoor Zumba®</b> 11:00-11:45 am Amanda		<b>Pilates</b> 11:15-12:00 pm Tammy	
	<b>TRX Circuit</b> 4:30-5:15 pm Brianna				<b>TRX Circuit</b> 4:30-5:15 pm Brianna <b>(No Class 5/5)</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>Group Cycling</b> 5:15-6:00 pm Jennifer		
	<b>Yoga</b> 6:30-7:30 pm Erin	<b>Mindfulness Series</b> <i>Registration Required</i> 6:30-7:30 pm <b>(April 18 – May 23)</b> <b>Community Rm2</b>	<b>Yoga</b> 6:30-7:30 pm Carrie <b>(No Class 5/3)</b>	<b>Yoga</b> 6:30-7:30 pm Lexie		