

LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO

May 28 – July 1





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core & More 6:00-6:30 am Jeannine	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	
		TRX Circuit (GYM) 9:00-9:45 am Alena	Fusion 9:00-9:45 am Jeannine			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	Pilates Yoga Fusion 9:00-9:45 am Brianna	Fusion 9:00-9:45 am Jeannine	Core & More 9:15-9:45 am Christine
Zumba® 10:30-11:30 am Crystal (No Class 6/4, 6/18)	Boom Muscle® (GYM) 10:30-11:00 am Tammy	Virtual Les Mills Bodypump® 10:00-11:00 am	Boom Muscle® (GYM) 10:30-11:00 am Tammy	Virtual Les Mills Bodypump® 10:00-11:00 am		Les Mills Bodypump® 10:00-11:00 am Christine
		Zumba® Toning (GYM) 10:00-10:45 am Amanda	Pilates 11:15-12:00 pm Alena	SilverSneakers Stability® (GYM) 10:15-10:45 am Amanda	SilverSneakers Circuit® (GYM) 10:30-11:15 am Brianna	Special Olympics Registration Required 11:15-12:00 pm Tammy/Carrie (May 6-June 24)
View our Schedule on our Mobile App.  Download Today!	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		Drums Alive 12:15-12:45 pm Gene	Line Dancing Intermediate/Advance 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	Strength & Conditioning 4:30-5:10 pm Jeannine		
		Barre 5:15-6:00 pm Danielle	Pilates 4:30-5:15 pm Brianna	Fusion 5:15-6:00 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Les Mills Bodypump® 6:15-7:15 pm Christine	Box Fitness 5:30-6:15 pm Ryan	LesMills Body Combat® 6:15-7:00 pm Jenna	Zumba® 5:30-6:30 pm Crystal	
	Strength & Conditioning 6:15-7:00 pm Jeannine		Les Mills Bodypump® 6:30-7:30 pm Jenna	Les Mills Bodypump® 7:15-8:00 pm Jenna		

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO

May 28 – July 1



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TRX Circuit 5:15-6:00 am Jon		 <p>Get Fit for FREE with Fitness in the Parks!</p> <p>June 1-August 31</p> 	
Group Cycling 8:00-8:45 am Jennifer						Group Cycling 8:30-9:15 am Heidi
Yoga 9:00-10:00 am Carrie			Cycle + Core 9:00-9:45 am Amanda			Yoga 9:30-10:30 am Erin
	Cycle + Circuit 10:00-10:45 am Bridget	Core & More 10:00-10:30 am Alena	TRX Circuit 10:00-10:45 am Bridget	Meditation 10:15-10:45 am Alena		Barre 11:00-11:45 am Erin (No class 6/10, 6/17)
	Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene (Community Rm1)		Outdoor Zumba® 11:00-11:45 am Amanda (Parking Lot)			
	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			
			Yoga 6:30-7:30 pm Carrie	Yoga 6:30-7:30 pm Lexie		