

LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO

September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 5:15-6:00 am Jon		Yoga 5:15-6:00 am Jon		
	Core & More 6:00-6:30 am Jeannine		Core & More 6:00-6:30 am Jeannine		Core & More 6:00-6:30 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	Fusion 9:00-9:45 am Jeannine	Pilates Yoga Fusion 9:00-9:45 am Brianna	Fusion 9:00-9:45 am Jeannine	Fusion 8:00-9:00 am Jeannine
Zumba® 10:30-11:30 am Crystal (No Class 9/17)	Pilates 10:00-10:45 am Tammy	Les Mills Bodypump® 10:00-11:00 am Erica	Zumba® 10:00-10:45 am Amanda	Les Mills Bodypump® 10:00-11:00 am Erica	Yoga 10:00-11:00 am Alena	Core & More 9:15-9:45 am Christine
<p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p>	Boom Mind 11:00-11:30 am Tammy	Yoga 11:15-12:00 pm Erica	Pilates 11:15-12:00 pm Alena	Line Dancing Intermediate/Advance 11:15-12:00 pm Brianna	Pilates 11:15-12:00 pm Tammy	Les Mills Bodypump® 10:00-11:00 am Christine
			Drums Alive 12:15-12:45 pm Gene			
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene		Parkinson's Movement <i>Registration Required</i> 1:00-2:00 pm Tammy/Gene	
		LesMills Body Combat® 4:30-5:10 pm Julie	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	LesMills Body Combat® 6:00-7:00 pm Jenna	Fusion 5:15-6:00 pm Jeannine	Zumba® 5:30-6:30 pm Crystal	
	Strength & Conditioning 6:15-7:00 pm Jeannine	Les Mills Bodypump® 6:15-7:15 pm Christine	Les Mills Bodypump® 7:00-7:45 pm Jenna	Les Mills Bodypump® 6:15-7:15 pm Jenna		
	Box Fitness 7:15-8:00 pm Ryan					

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO
 September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Group Cycling 6:00-6:30 am Andrea (Starting 9/12)		Group Cycling 6:00-6:30 am Andrea (Starting 9/14)		
Group Cycling 8:00-8:45 am Jennifer						Group Cycling 8:30-9:15 am Kat
Yoga 9:00-10:00 am Carrie	Cycle + Circuit 9:00-9:45 am Christina		Cycle + Core 9:00-9:45 am Amanda		Cycle + Stretch 9:00-9:45 am Alena	Yoga 9:30-10:30 am Erin
Barre 10:15-11:15 am Erin (No Class 9/24)		Core & More 10:00-10:30 am Alena	TRX Circuit 10:00-10:45 am Brianna	Meditation 10:00-10:30 am Alena (No Class 9/14)		Barre 10:45-11:30 am Erin (No Class 9/30)
			Enerchi 11:00-11:30 am Tammy			
	TRX Circuit 4:30-5:15 pm Brianna			Les Mills Body Combat® 4:30-5:10 pm Julie		
	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 Erin	Yoga 6:30-7:30 pm Alanna	Yoga 6:30-7:30 pm Carrie	Yoga 6:30-7:30 pm Lexie		

LOCKPORT FAMILY YMCA
GYM/COMMUNITY ROOM 1
 September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TRX Circuit 5:15-6:00 am Jon (No Class 9/13)			
		TRX Circuit 9:00-9:45 am Alena		TRX Circuit 9:00-9:45 am Alena		
	Boom Muscle® 10:00-10:30 am Gene	Zumba® Toning 10:00-10:45 am Amanda	Boom Muscle® 10:00-10:30 am Tammy	Zumba® Toning 10:00-10:45 am Amanda	SilverSneakers Circuit® 10:00-10:45 am Brianna	
	Tai Chi (Community Room 1) Beginner/Intermediate 11:15-12:15 pm Gene	SilverSneakers Classic® 11:00-11:45 pm Amanda	Core & Restore (Community Room 1) 10:30-11:00 am Alena (Starting 9/20)	SilverSneakers Classic® 11:00-11:45 pm Danielle	SilverSneakers Stability® 11:00-11:30 am Brianna	
	Line Dancing Beginner/Intermediate 11:15-12:00 pm Brianna	SilverSneakers Yoga® 12:00-12:30 pm Amanda	Music & Movement (Community Room 1) 11:15-11:45 am Amanda (Starting 9/20)	SilverSneakers Yoga® 12:00-12:30 pm Amanda		
	Enhanced Fitness Registration Required 12:15-1:00 pm Brianna		Enhanced Fitness Registration Required 12:15-1:00 pm Amanda		Enhanced Fitness Registration Required 12:15-1:00 pm Tammy	
			Kids Yoga (Community Room 1) 5:30-6:00 pm Carrie (Starting 9/20)			