


LOCKPORT FAMILY YMCA  
**GROUP FITNESS STUDIO**  
 November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Yoga</b> 5:15-6:00 am Jon		<b>Yoga</b> 5:15-6:00 am Jon		
	<b>Core &amp; More</b> 6:00-6:30 am Jeannine		<b>Core &amp; More</b> 6:00-6:30 am Jeannine		<b>Core &amp; More</b> 6:00-6:30 am Jeannine <b>(No Class 11/24)</b>	
<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>Fusion</b> 9:00-9:45 am Jeannine	<b>Pilates Yoga Fusion</b> 9:00-9:45 am Brianna	<b>Fusion</b> 9:00-9:45 am Jeannine	<b>Fusion</b> 8:00-9:00 am Jeannine
<b>Zumba®</b> 10:30-11:30 am Crystal <b>(No Class 11/5, 11/26)</b>	<b>Pilates</b> 10:00-10:45 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Holly	<b>Zumba®</b> 10:00-10:45 am Amanda <b>(No Class 11/22)</b>	<b>Virtual Les Mills Bodypump®</b> 10:00-11:00 am <b>(No Class 11/2)</b>	<b>Yoga</b> 10:00-11:00 am Alena	<b>Core &amp; More</b> 9:15-9:45 am Christine
	<b>Boom Mind</b> 11:00-11:30 am Tammy		<b>Pilates</b> 11:15-12:00 pm Alena	<b>Line Dancing</b> Intermediate/Advance 11:15-12:00 pm Brianna	<b>Pilates Yoga Fusion</b> 11:15-12:00 pm Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Christine
<p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p>			<b>Drums Alive</b> 12:15-12:45 pm Gene			
	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene		<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene		<b>Parkinson's Movement</b> <i>Registration Required</i> 1:00-2:00 pm <b>(No Class 11/24)</b>	
		<b>LesMills Body Combat®</b> 4:30-5:10 pm Julie	<b>Pilates</b> 4:30-5:15 pm Brianna <b>(No Class 11/29)</b>	<b>Strength &amp; Conditioning</b> 4:30-5:10 pm Jeannine		
	<b>Cardio Step</b> 5:30-6:00 pm Jeannine	<b>Barre</b> 5:15-6:00 pm Danielle	<b>LesMills Body Combat®</b> 6:00-7:00 pm Jenna	<b>Fusion</b> 5:15-6:00 pm Jeannine	<b>Zumba®</b> 5:30-6:30 pm Crystal <b>(No Class 11/24)</b>	
	<b>Strength &amp; Conditioning</b> 6:15-7:00 pm Jeannine	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Christine	<b>Les Mills Bodypump®</b> 7:00-7:45 pm Jenna	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Jenna		

LOCKPORT FAMILY YMCA  
**FUNCTIONAL FITNESS STUDIO**  
 November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>HIIT Group Cycling</b> 6:00-6:30 am Andrea		<b>HIIT Group Cycling</b> 6:00-6:30 am Andrea		
<b>Group Cycling</b> 8:00-8:45 am Jennifer						<b>Group Cycling</b> 8:30-9:15 am Kat
<b>Yoga</b> 9:00-10:00 am Carrie	<b>Cycle + Circuit</b> 9:00-9:45 am Christina	<b>Yoga</b> 9:00-9:45 am Brianna	<b>Cycle + Core</b> 9:00-9:45 am Amanda		<b>Cycle + Stretch</b> 9:00-9:45 am Alena	<b>Yoga</b> 9:30-10:30 am Erin
<b>Barre</b> 10:15-11:15 am Erin <b>(No Class 11/5 &amp; 11/19)</b>		<b>Core &amp; More</b> 10:00-10:30 am Alena	<b>TRX Circuit</b> 10:00-10:45 am Brianna <b>(No Class 11/22)</b>	<b>Meditation</b> 10:00-10:30 am Alena		<b>Barre</b> 10:45-11:30 am Erin <b>(No Class 11/18)</b>
			<b>Enerchi</b> 11:00-11:30 am Tammy			
	<b>TRX Circuit</b> 4:30-5:15 pm Brianna			<b>Les Mills Body Combat®</b> 4:30-5:10 pm Julie		
	<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>(Starting 11/9)</b>		
	<b>Box Fitness</b> 6:30-7:15 pm Ryan	<b>Yoga</b> 6:30-7:30 pm Alanna	<b>Yoga</b> 6:30-7:30 pm Carrie	<b>Yoga</b> 6:30-7:30 pm Lexie		
			<b>Yin Yoga</b> 7:45-8:45pm Erin			

LOCKPORT FAMILY YMCA  
**GYM/COMMUNITY ROOM 1**  
 October 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>TRX Circuit</b> 5:15-6:00 am Jon			
	<b>Weight Loss Program</b> <i>Registration Required</i> <b>(Community Room 1)</b> 9:00-10:00am Alena	<b>TRX Circuit</b> 9:00-9:45 am Alena		<b>TRX Circuit</b> 9:00-9:45 am Alena		
	<b>Boom Muscle®</b> 10:00-10:30 am Gene	<b>Zumba® Toning</b> 10:00-10:45 am Amanda	<b>Boom Muscle®</b> 10:00-10:30 am Tammy	<b>Zumba® Toning</b> 10:00-10:45 am Amanda	<b>SilverSneakers Circuit®</b> 10:00-10:45 am Brianna <b>(No Class 11/3)</b>	<b>Weight Loss Program</b> <i>Registration Required</i> <b>(Community Room 1)</b> 10:00-11:00am Katarina
	<b>Tai Chi</b> <b>(Community Room 1)</b> Beginner/Intermediate 11:15-12:15 pm Gene	<b>SilverSneakers Classic®</b> 11:00-11:45 pm Amanda	<b>Core &amp; Restore</b> <b>(Community Room 1)</b> 10:30-11:00 am Alena	<b>SilverSneakers Classic®</b> 11:00-11:45 pm Danielle	<b>SilverSneakers Stability®</b> 11:00-11:30 am Brianna <b>(No Class 11/24)</b>	
	<b>Line Dancing</b> Beginner/Intermediate 11:15-12:00 pm Brianna	<b>SilverSneakers Yoga®</b> 12:00-12:30 pm Amanda	<b>Music &amp; Movement</b> <b>(Community Room 1)</b> 11:15-11:45 am Amanda <b>(No Class 11/22)</b>	<b>SilverSneakers Yoga®</b> 12:00-12:30 pm Amanda <b>(No Class 11/16)</b>		
	<b>Enhanced Fitness</b> <i>Registration Required</i> 12:15-1:00 pm Brianna		<b>Enhanced Fitness</b> <i>Registration Required</i> 12:15-1:00 pm Amanda <b>(No Class 11/22)</b>		<b>Enhanced Fitness</b> <i>Registration Required</i> 12:15-1:00 pm Tammy	