


LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO

April 2024



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	
Les Mills Bodypump® 8:00-9:00 am Julie	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
LesMills Body Combat® 9:15-10:15 am Garrett	Pilates 10:00-10:45 am Tammy	Les Mills Bodypump® 10:00-11:00 am Erica	Zumba® 10:00-10:45 am Amanda (No Class 4/3)	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>	Gentle Yoga 11:00-11:30 am Tammy		Pilates 11:00-11:45 am Alena		Pilates Yoga Fusion 11:15-12:00 pm Tammy	Les Mills Bodypump® 10:00-11:00 am Christine
	Meditation 11:40-12:00 pm Tammy	SilverSneakers Yoga® 12:00-12:30 pm Amanda	Drums Alive 12:00-12:45 pm Gene	SilverSneakers Yoga® 12:00-12:30 pm Amanda		
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene		Parkinson's Movement Registration Required 1:00-2:00 pm	
		LesMills Body Combat® 4:30-5:10 pm Julie (No Class 4/2)	Pilates 4:30-5:10 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	Cardio Step 5:15-5:45 pm Kat	Fusion 5:15-6:00 pm Jeannine	Zumba® 5:30-6:30 pm Crystal (No Class 4/5)	
	Strength & Conditioning 6:15-7:00 pm Jeannine	Les Mills Bodypump® 6:15-7:15 pm Christine	LesMills Body Combat® 6:00-7:00 pm Jenna	Les Mills Bodypump® 6:15-7:15 pm Jenna		
	Yin Yoga 7:15-8:00 pm Erin	Open Ballroom Dance 7:30-9:00 pm	Les Mills Bodypump® 7:15-8:00 pm Jenna			

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO

April 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00-8:45 am Jennifer		Les Mills Sprint® (Cycling) 8:15-8:45am Erica		Group Cycle Express 8:15-8:45 am Brianna		Group Cycling 8:30-9:15 am Heidi/Andrea
Yoga 9:00-10:00 am Carrie	Cycle + Circuit 9:00-9:45 am Christina	Yoga 9:00-9:45 am Erica	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	Interval Training 10:00-10:45 am Lindsay	Core & More 10:00-10:30 am Christina	TRX Circuit 10:00-10:45 am Brianna	Meditation 10:00-10:30 am Alena	Interval Training 10:00-10:45 am Lindsay	Barre 10:45-11:30 am Erin
			Enerchi 11:00-11:30 am Tammy			
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andrea (No Class 4/1)		Les Mills Sprint® (Cycling) 4:30-5:00 pm Kat	Les Mills Body Combat® 4:30-5:10 pm Julie (No Class 4/4, 4/18)	Cycle + Pilates 4:30-5:30 pm Christina	
	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	Barre 5:45-6:30 pm Erin	
	Box Fitness 6:30-7:15 pm Ryan	Yoga 6:15-7:15 pm Alanna	TRX Circuit 6:30-7:15 pm Ryan	Yoga 6:15-7:15 pm Lexie		
		TRX Circuit 7:30-8:15 pm Alanna				

LOCKPORT FAMILY YMCA
GYM/COMMUNITY ROOM
 April 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Weight Loss Program <i>Registration Required</i> (Community Room 1) 9:00-10:00am Alena (Feb 12-April 29)		TRX Circuit 5:15-6:00 am Jon			
		TRX Circuit 9:00-9:45 am Alena	Core & Restore 9:30-10:00 am Alena	TRX Circuit 9:00-9:45 am Alena		
	Boom Muscle® 10:15-10:45 am Gene	Zumba® Toning 10:00-10:45 am Amanda	Boom Muscle® 10:15-10:45 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		SilverSneakers Classic® 11:00-11:45 pm Danielle	SilverSneakers Stability® 11:00-11:30 am Brianna	
	Line Dancing 11:00 -12:00 pm Brianna (No Class 4/8)					
	TRX Circuit 4:30-5:15 pm Brianna					