

LOCKPORT FAMILY YMCA  
**GROUP FITNESS STUDIO**

May 2024



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>Les Mills Bodypump®</b> 8:00-9:00 am Julie	<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>LesMills Body Combat®</b> 9:15-10:15 am Garrett	<b>Pilates</b> 10:00-10:45 am Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica	<b>Zumba®</b> 10:00-10:45 am Amanda	<b>Les Mills Bodypump®</b> 10:00-11:00 am Erica	<b>Yoga</b> 10:00-11:00 am Alena	<b>Core &amp; More</b> 9:15-9:45 am Christine
<p><b>View our Schedule on our Mobile App.</b></p>  <p><b>Download Today!</b></p>	<b>Gentle Yoga</b> 11:00-11:30 am Tammy		<b>Pilates</b> 11:00-11:45 am Alena		<b>Pilates Yoga Fusion</b> 11:15-12:00 pm Tammy	<b>Les Mills Bodypump®</b> 10:00-11:00 am Christine
	<b>Meditation</b> 11:40-12:00 pm Tammy	<b>SilverSneakers Yoga®</b> 12:00-12:30 pm Amanda	<b>Drums Alive</b> 12:00-12:45 pm Gene	<b>SilverSneakers Yoga®</b> 12:00-12:30 pm Amanda		
	<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene		<b>SilverSneakers Classic®</b> 1:00-1:45 pm Gene		<b>Parkinson's Movement Registration Required</b> 1:00-2:00 pm	
		<b>LesMills Body Combat®</b> 4:30-5:10 pm Julie	<b>Pilates</b> 4:30-5:10 pm Brianna	<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>Cardio Step</b> 5:15-5:45 pm Kat	<b>Fusion</b> 5:15-6:00 pm Jeannine	<b>Zumba®</b> 5:30-6:30 pm Crystal	
	<b>Strength &amp; Conditioning</b> 6:15-7:00 pm Jeannine	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Christine	<b>LesMills Body Combat®</b> 6:00-7:00 pm Jenna	<b>Les Mills Bodypump®</b> 6:15-7:15 pm Jenna	<b>Yin Yoga</b> 6:45-7:30 pm Erin <b>(No Class 5/24)</b>	
	<b>Yin Yoga</b> 7:15-8:00 pm Erin	<b>Open Ballroom Dance</b> 7:30-9:00 pm	<b>Les Mills Bodypump®</b> 7:15-8:00 pm Jenna			

LOCKPORT FAMILY YMCA  
**FUNCTIONAL FITNESS STUDIO**

May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycling</b> 8:00-8:45 am Jennifer		<b>Les Mills Sprint® (Cycling)</b> 8:15-8:45am Erica		<b>Group Cycle Express</b> 8:15-8:45 am Brianna		<b>Group Cycling</b> 8:30-9:15 am Heidi/Andrea
<b>Yoga</b> 9:00-10:00 am Carrie (No Class 3/19, 3/26)	<b>Cycle + Circuit</b> 9:00-9:45 am Christina	<b>Yoga</b> 9:00-9:45 am Erica	<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>(No Class 5/25)</b>
	<b>Interval Training</b> 10:00-10:45 am Lindsay	<b>Core &amp; More</b> 10:00-10:30 am Christina	<b>TRX Circuit</b> 10:00-10:45 am Brianna	<b>Meditation</b> 10:00-10:30 am Alena	<b>Interval Training</b> 10:00-10:45 am Lindsay	<b>Barre</b> 10:45-11:30 am Erin <b>(No Class 5/25)</b>
			<b>Enerchi</b> 11:00-11:30 am Tammy			
	<b>Les Mills Sprint® (Cycling)</b> 4:30-5:00 pm Andrea		<b>Les Mills Sprint® (Cycling)</b> 4:30-5:00 pm Kat	<b>Les Mills Body Combat®</b> 4:30-5:10 pm Julie <b>(No Class 5/16)</b>	<b>Cycle + Pilates</b> 4:30-5:30 pm Christina	
	<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> 5:20-6:00 pm Jennifer	<b>Barre</b> 5:45-6:30 pm Erin <b>(No Class 5/24)</b>	
	<b>Box Fitness</b> 6:30-7:15 pm Ryan	<b>Yoga</b> 6:15-7:15 pm Alanna <b>(No Class 5/7)</b>	<b>TRX Circuit</b> 6:30-7:15 pm Ryan	<b>Yoga</b> 6:15-7:15 pm Lexie		
		<b>TRX Circuit</b> 7:30-8:15 pm Alanna <b>(No Class 5/7)</b>				

LOCKPORT FAMILY YMCA  
**GYM/COMMUNITY ROOM**  
 May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>TRX Circuit</b> 5:15-6:00 am Jon			
		<b>TRX Circuit</b> 9:00-9:45 am Alena	<b>Core &amp; Restore</b> 9:30-10:00 am Alena	<b>TRX Circuit</b> 9:00-9:45 am Alena		
	<b>Boom Muscle®</b> 10:15-10:45 am Gene	<b>Zumba® Toning</b> 10:00-10:45 am Amanda <b>(No Class 5/28)</b>	<b>Boom Muscle®</b> 10:15-10:45 am Tammy	<b>Zumba® Toning</b> 10:00-10:45 am Amanda <b>(No Class 5/23)</b>	<b>SilverSneakers Circuit®</b> 10:00-10:45 am Brianna	
	<b>Tai Chi (Community Room 1)</b> Beginner/Intermediate 11:15-12:15 pm Gene	<b>SilverSneakers Classic®</b> 11:00-11:45 pm Amanda		<b>SilverSneakers Classic®</b> 11:00-11:45 pm Danielle	<b>SilverSneakers Stability®</b> 11:00-11:30 am Brianna	
	<b>Line Dancing</b> 11:00 -12:00 pm Brianna					
	<b>TRX Circuit</b> 4:30-5:15 pm Brianna					