

LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO
 November 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 | Barre 8:00-8:45 am Erin | Core & More 6:00-6:30 am Jeannine | | Core & More 6:00-6:30 am Jeannine (No Class 11/29) | |
| 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 Alanna | Pilates 10:00-10:45 am Tammy | Les Mills Bodypump® 10:00-11:00 am Christine | YogaBarre® 10:00-10:45 am Amanda | Barre 10:00-10:45 am Danielle | Yoga 10:00-10:45 am Alena (No Class 11/29) | Core & More 9:15-9:45 am Christine |
| | Gentle Yoga 11:00-11:30 am Tammy | | Pilates 11:00-11:45 am Alena | | SilverSneakers Stability® 11:00-11:30 am Brianna (No Class 11/29) | Les Mills BodyPump® 10:00-11:00 am Christine |
| <p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p> | Meditation 11:40-12:00 pm Tammy | | Drums Alive 12:00-12:45 pm Gene | | | Les Mills Body Combat® Express 11:15-11:45 am Kat |
| | SilverSneakers Classic® 1:00-1:45 pm Gene | | SilverSneakers Classic® 1:00-1:45 pm Gene | Homeschool Gym 12:45-2:15 pm (Registration Required) | Parkinsons Movement 1:00-2:00 pm Gene/Tammy (No Class 11/29) | |
| | | | | Pilates 4:30-5:15 pm Erin | Strength & Conditioning 4:30-5:10 pm Jeannine | |
| | Cardio Step 5:30-6:00 pm Jeannine | Barre 5:15-6:00 pm Danielle | | | Fusion 5:15-6:00 pm Jeannine | |
| | 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 | Les Mills BodyPump® Express 5:00-5:45 pm Alanna |
| | Yin Yoga 7:15-8:00 pm Jennifer A | Ballroom Dance 7:30-9:00 pm | | Les Mills Bodypump® 7:15-8:00 pm Jenna | | |

LOCKPORT FAMILY YMCA
FUNCTIONAL FITNESS STUDIO
 November 2024



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|--|
| | | | | | | |
| Group Cycling 8:00-8:45 am Jennifer P | | Group Cycling 8:00-8:45 am Hans | | Group Cycling 8:00-8:45 am Hans | | Group Cycling 8:30-9:15 am Kat |
| Yoga 9:00-10:00 am Jennifer A | Group Cycling 8:30-9:30 am Hans | Yoga 9:00-9:45 am Erin | Cycle + Core 9:00-9:45 am Amanda | SilverSneakers Stability® 9:00-9:30 am Amanda | Cycle + Stretch 9:00-9:45 am Alena (No Class 11/29) | Yoga 9:30-10:30 am Erin (No Class 11/30) |
| | Interval Training 10:00-10:45 am Lindsay | Core & More 10:00-10:30 am Lindsay | TRX Circuit 10:00-10:45 am Brianna | | Interval Training 10:00-10:45 am Lindsay (No Class 11/29) | Barre 10:45-11:30 am Erin (No Class 11/30) |
| | | | Enerchi 11:00-11:30 am Tammy | Homeschool Gym 11:15-12:45 pm (Registration Required) | | |
| | | | | | | |
| | Les Mills Sprint® (Cycling) 4:30-5:00 pm Andrea | | | Defend Together 4:30-5:15 pm (Registration Required) | Cycling for Endurance 4:30-6:00 pm Hans | |
| | 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 5:20-6:00 pm Jennifer P | | |
| | | Yoga 6:15-7:15 pm Alanna | | Yoga 6:15-7:15 pm Lexie | | |

LOCKPORT FAMILY YMCA
GYM/COMMUNITY ROOM
 November 2024



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|--|---|--|----------|
| | | | 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 | | |
| | | | | Meditation 10:00-10:30 am Alena (Community Room 1) | | |
| | Boom Muscle® 10:15-10:45 am Gene | Boom Move® 10:00-10:30 am Amanda | Boom Muscle® 10:15-10:45 am Tammy | Boom Move® 10:00-10:30 am Amanda | SilverSneakers Circuit® 10:00-10:45 am Brianna (No Class 11/29) | |
| | EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20) | SilverSneakers Circuit® 10:45-11:30 am Amanda | EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20) | SilverSneakers Circuit® 10:45-11:30 am Amanda | EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20) (No Class 11/29) | |
| | Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene (Community Room 1) (No Class 11/5) | Core & Restore 11:45-12:30 pm Amanda | Line Dancing 12:00-12:45 pm Amanda | Core & Restore 11:45-12:30 pm Amanda | | |
| | | | | | | |
| | TRX Circuit 4:30-5:15 pm Brianna | | | | | |
| | Zumba 6:30-7:30pm Jessica (Community Room 1) | | Zumba 6:30-7:30pm Jessica (Community Room 1) | | | |