

LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO
 JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core & More 6:00-6:30 am Jeannine	Yoga 5:15-6:00 am Jon	Core & More 6:00-6:30 am Jeannine	Yoga 5:15-6:00 am Jon	Core & More 6:00-6:30 am Jeannine	
	Yoga Express 6:45-7:15 am Denise			Step Aerobics 8:00-8:45 am Joyce		
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	Les Mills Bodypump® Express 9:00-9:45 am Joyce	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 Joyce	YogaBarre® 10:00-10:45 am Amanda	Barre 10:00-10:45 am Danielle	Yoga 10:00-10:45 am Tammy	Core & More 9:15-9:45 am Christine
View our Schedule on our Mobile App. Download Today!	Gentle Yoga 11:00-11:30 am Tammy	Pilates 11:15-12:00pm Joyce	Pilates 11:00-11:45 am Brianna		Meditation 11:00-11:30 am Tammy	Les Mills BodyPump® 10:00-11:00 am Christine
	Meditation 11:40-12:00 pm Tammy		Drums Alive 12:00-12:45 pm Gene			
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene			
		HIIT 4:30-5:10 pm Lindsay	Les Mills Body Combat 4:00pm-4:45 pm TJ	Strength & Conditioning 4:30-5:10 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine		Yoga 5:00-5:45 pm Christine	Fusion 5:15-6:00 pm Jeannine	Les Mills BodyPump® Express 5:00-5:45 pm Alanna	
	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 Body Combat 6:00pm-6:45 pm TJ	
			Les Mills Bodypump® 7:15-8:00 pm Jenna			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TRX Circuit 5:15-6:00 am Alena					
Group Cycling 8:00-8:45 am Jennifer P		Group Cycling 8:00-8:45 am Hans	Les Mills Sprint® (Cycling) 8:15-8:45 am Andi	Group Cycling 8:00-8:45 am Hans		Group Cycling 8:30-9:15 am Kat
	Group Cycling 8:30-9:45 am Hans			Yoga 9:00-9:45 am Erin	Spin + Yin 9:00-9:45 am Shana	Yoga 9:30-10:30 am Kat
	Interval Training 10:00-10:45 am Lindsay		TRX Circuit 10:00-10:45 am Brianna		Interval Training 10:00-10:45 an Lindsay	
	Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene		Enerchi 11:00-11:30 am Tammy			
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi					
		Group Cycling 5:15-6:00 pm Shana	Cycle + Core 5:30-6:15 pm Shana			
		Yoga 6:15-7:15 pm Alanna	Pilates 6:30-7:15 pm Alena			