

LOCKPORT YMCA
GROUP FITNESS STUDIO
 AUGUST 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 Joyce	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!	SilverSneakers Yoga® 11:00-11:45 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
			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			

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 AUGUST 2025



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 am 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			

Lockport YMCA Gym Schedule – AUGUST 2025								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
PICKLEBALL (½ GYM) 7:00-10:00 AM	PICKLEBALL 6:00-9:30 AM (3 courts)	PICKLEBALL 6:00-8:30 AM (3 courts)	TRX Circuit 5:15-6:00 AM	PICKLEBALL 6:00-8:30 AM (3 courts)	PICKLEBALL 6:00-9:30 AM (3 courts)	OPEN GYM 7:00-11:00 AM		
	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)			FAMILY RECESS 11:00-11:45 PM (July 12-August 16)		
	OPEN GYM (½ GYM) 7:00 AM-10:00 AM	OPEN GYM (½ GYM) 9:30-11:00 AM	OPEN GYM (½ GYM) 8:30-8:55 AM	CORE & RESTORE 9:15-9:45 AM	OPEN GYM (½ GYM) 8:30-8:55 AM	PICKLEBALL 9:30-10:00 AM (1 court)	OPEN GYM 12:00-7:45 PM	
TRX CIRCUIT 9:00-9:45 AM			OPEN GYM (½ GYM) 9:45-10:10 AM	BOOM MUSCLE® 10:15-10:45 AM				STRONG NATION® 9:00-9:45 AM (Registration Required)
OPEN GYM 10:00-5:45 PM	BOOM MUSCLE® 10:15-10:45 AM	BOOM MOVE® 10:00-10:30 AM	OPEN GYM (½ GYM) 11:00-12:45 AM	BOOM MOVE® 10:00-10:30 AM	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM	*½ Gym may be used for Birthday parties from 2:00-5:00 pm.		
	OPEN GYM 11:00-1:30 PM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	SILVERSNEAKERS CLASSIC® 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	SILVERSNEAKERS STABILITY® 11:00-11:30 AM			
		PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:30-1:30 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:30-3:00 PM	ADULT PICK-UP BASKETBALL 12:30-1:30 PM			OPEN GYM 11:30-1:30 PM
	SUMMER CAMP (½ GYM) 3:00-6:00 PM	PICKLEBALL 1:30-3:00 PM	SUMMER CAMP (½ GYM) 3:00-5:30 PM	PICKLEBALL 1:30-3:00 PM	ADVANCED PICKLEBALL 1:30-3:00 PM			
	OPEN GYM (½ GYM) 3:00-6:00 PM	SUMMER CAMP (½ GYM) 3:00-6:00 PM	OPEN GYM (½ GYM) 3:00-7:30 PM	SUMMER CAMP (½ GYM) 3:00-6:00 PM	SUMMER CAMP (½ GYM) 3:00-6:00 PM			
		OPEN GYM (½ GYM) 3:00-6:00 PM	OPEN GYM (½ GYM) 3:00-6:00 PM	PRESCHOOL T-BALL (½ gym) 5:30-6:15 PM	OPEN GYM (½ GYM) 3:00-6:00 PM			OPEN GYM (½ GYM) 3:00-6:00 PM
	PRESCHOOL SOCCER (½ GYM) 6:30-7:15 PM							
	*½ Gym may be used for Birthday parties from 11:00-5:00 pm. App will reflect any schedule changes.	OPEN GYM 6:00-8:00 PM	OPEN GYM 6:00-8:00 PM	OPEN GYM 7:30-8:00 PM	OPEN GYM 6:00-8:00 PM			OPEN GYM 6:00-8:00 PM
		19+ ADULT/FAMILY OPEN GYM* 8:00-9:45 PM	PICKLEBALL* 8:00-9:45 PM (3 Courts)	19+ ADULT PICK-UP BASKETBALL* 8:00-9:45 PM	19+ ADULT/FAMILY OPEN GYM* 8:00-9:45 PM		19+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 PM	

* Denotes that members must be 19+ to utilize space. Any member under the age of 19 must be accompanied by their legal guardian. Half Gym may be closed due to class size.