

LOCKPORT YMCA
GROUP FITNESS STUDIO
SEPTEMBER 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 6:45-7:30 am Denise			Step Aerobics 8:00-8:45 am Joyce	Barre 8:00-8:45 am Erin	
Les Mills BodyPump® 8:00-9:00 am Christine	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/Garrett	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 4:00-4:45 pm TJ	Strength & Conditioning 4:30-5:10 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Barre 5:15-6:00 pm Danielle (Starting 9/9)	Yoga Pilates Fusion 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 6:00-6:45 pm TJ	
		Ballroom Dance 7:30pm-9pm	Les Mills Bodypump® 7:15-8:00 pm Jenna			

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TRX Circuit 5:15-6:00 am Alena					
Group Cycling 8:00-8:45 am Jennifer	TRX Pilates 8:00-8:45 am (Registration Required) 9/8-10/27	Group Cycling 8:00-8:45am Hans		Group Cycling 8:00-8:45 am Hans		Group Cycling 8:30-9:15 am Kat
	Group Cycling 9:00-9:45 am Hans				Spin + Yin 9:00-9:45 am Erin	Yoga 9:30-10:30 am Kat
	Interval Training 10:00-10:45 am Lindsay		TRX Circuit 10:00-10:45 am Brianna	Yoga 9:00am-9:45am Denise	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			
	Yin Yoga 6:15pm-7:15pm Jen	Yoga 6:15-7:15 pm Alanna	TRX Yoga Coming Soon!	Yoga 6:15-7:15 pm Jen		

LOCKPORT YMCA GYM SCHEDULE SEPTEMBER 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 7:00-7:45 PM Join us for our Open House on 9/20! September 20th Welcome Week Fitness Fusion Sampler 12:00pm-1:15pm *½ Gym may be used for Birthday parties from 2:00-5:00 pm. App will reflect any schedule changes. *Second Saturday of the month (9/13) Open Gym will be restricted to ½ Gym from 4:30-7:30 pm due to Kids Night Out. 
OPEN GYM (½ GYM) 7:00 AM-10:00 AM	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)		PICKLEBALL 9:30-10:00 AM (1 court)	
OPEN GYM 10:00-5:45 PM *½ Gym may be used for Birthday parties from 11:00-5:00 pm. App will reflect any schedule changes.	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	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM	
	BOOM MUSCLE® 10:15-10:45 AM	TRX CIRCUIT 9:00-9:45 AM	OPEN GYM (½ GYM) 9:45-10:10 AM	BOOM MOVE® 10:00-10:30 AM	SILVERSNEAKERS STABILITY® 11:00-11:30 AM	
		BOOM MOVE® 10:00-10:30 AM	BOOM MUSCLE® 10:15-10:45 AM			
	OPEN GYM 11:00-1:30 PM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	OPEN GYM (½ GYM) 11:00-12:00 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM		
	ADVANCED PICKLEBALL 1:30-3:00 PM	CORE & RESTORE 11:45-12:30 PM	SILVERSNEAKERS CLASSIC® 11:00-11:45 AM	CORE & RESTORE 11:45-12:30 PM	OPEN GYM 11:30-1:30 PM	
		OPEN GYM 12:30-1:30 PM	OPEN GYM 12:00-1:30 PM	ADULT PICK-UP BASKETBALL 12:30-1:30 PM		
	OPEN GYM 3:00-5:30 PM	PICKLEBALL 1:30-3:00 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:30-3:00 PM	PICKLEBALL 1:30-3:00 PM	ADVANCED PICKLEBALL 1:30-3:00 PM	
		OPEN GYM 3:00-5:30 PM	SPOKES PROGRAM (½ GYM) 3:00-5:30 PM	OPEN GYM 3:00-5:30 PM		
	JR. CAVS PRACTICE (½ GYM) 5:30-8:30 PM (Beginning 9/22)	JR. CAVS PRACTICE (FULL GYM) 5:30-7:00 PM (½ GYM) 7:00-8:30 PM (Beginning 9/22)	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM	JR. CAVS PRACTICE (½ GYM) 5:30-8:30 PM (Beginning 9/22)	OPEN GYM 6:00-8:00 PM *First Friday of the month (9/5) Open Gym will be restricted to ½ Gym from 6:00-9:00 pm due to Parents Night Out.	
	OPEN GYM (½ GYM) 5:30-8:30 PM	OPEN GYM (½ GYM) 7:00-8:30 PM	YOUTH BASKETBALL (½ GYM) 6:30-7:15 PM	OPEN GYM (½ GYM) 5:30-8:30 PM		
			OPEN GYM (½ GYM) 7:30-8:30 PM			
	19+ ADULT/FAMILY OPEN GYM* 8:30-9:45 PM	PICKLEBALL* 8:30-9:45 PM (3 Courts)	19+ ADULT PICK-UP BASKETBALL* 8:30-9:45 PM	19+ ADULT/FAMILY OPEN GYM* 8:30-9:45 PM	19+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 PM	

* Denotes that members must be 18+ to utilize space. Any member under the age of 18 must be accompanied by their legal guardian. Half Gym may be closed due to class size.