

LOCKPORT YMCA
GROUP FITNESS STUDIO
 FEBRUARY 2026



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		Strength & Conditioning 8:00-8:30 am Jeannine			
Les Mills BodyBalance® 8:15-9:15 am Christine	Fusion 9:00-9:45 am Jeannine	SilverSneakers Stability® 9:00-9:30 am Tammy	Fusion 9:00-9:45 am Jeannine	Fusion 9:00-9:45am Danielle	Fusion 9:00-9:45 am Jeannine	Fusion 8:00-9:00 am Jeannine
LesMills Body Combat® 9:30-10:30 am Garrett	Barrelates 10:00-10:45 am Danielle	Strength & Conditioning 10:00-10:45 am Danielle	YogaBarre® 10:00-10:45 am Amanda	Barre 10:00-10:45 am Danielle	Yoga 10:00-10:45 am Tammy	Les Mills Core 9:15-9:45 am Christine
View our Schedule on our Mobile App.  Download Today!	SilverSneakers Yoga® 11:00-11:45 am Tammy		Pilates 11:00-11:45 am Brianna		Meditation 11:00-11:30 am Tammy	Les Mills Bodypump® 10:00-11:00 am Christine
	Enhance Fitness® 12:00-12:45 pm (Registration Required)		Drums Alive 12:00-12:45 pm Gene		Enhance Fitness® 12:00-12:45 pm (Registration Required)	Self Defense 11:15-12:15 pm (Registration Required) 2/7-3/28
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene		Parkinson's Movement 1:00-2:00 pm Gene/Tammy	
	TRX Circuit 5:30-6:00 pm Matthew (½ Gym)	Barre 5:15-6:00 pm Danielle	Les Mills Body Combat 4:30-5:15 pm TJ (½ Gym)	Strength & Conditioning 4:30-5:05 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Les Mills Bodypump® 6:15-7:15 pm Christine	Pilates Yoga 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 (Community Room 1)	Ballroom Dance 7:30-9:00 pm	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	
	Yin Yoga 6:15-7:15 pm Jen		Les Mills Bodypump® 7:15-8:00 pm Jenna			

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 FEBRUARY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:15-6:00 am Alena					
Open Studio 7:00-8:00 am	Open Studio 6:00-8:00 am	Open Studio 6:00-8:00 am	Open Studio 6:00-9:00 am	Open Studio 6:00-8:00 am	Open Studio 6:00-8:15 am	Open Studio 7:00-8:30 am
Group Cycling 8:00-8:45 am Jennifer	TRX Pilates 8:00-8:45 am (Registration Required) 2/2-3/23	Group Cycling 8:00-8:45 am Hans	Cycle + Core 9:00-9:45 am Jamie	Group Cycling 8:00-8:45 am Hans	Core & More 8:15-8:45 am Jamie	Group Cycling 8:30-9:15 am Kat
Open Studio 8:45-2:00 pm	Group Cycling 9:00-9:45 am Hans	Open Studio 8:45-11:00 am			Yoga 9:00-9:45 am Denise	Group Cycling 9:00-9:45 am Jamie
	Interval Training 10:00-10:45 am Lindsay		TRX Circuit 10:00-10:45 am Brianna	Open Studio 9:45-11:00 am	Interval Training 10:00-10:45 am Lindsay	Women on Weights 10:45-11:45 am (Registration Required) 2/7-3/28
	Tai Chi Beginner/Intermediate 11:00-11:45 am Gene		Enerchi 11:00-11:30 am Tammy		TRX Express 11:00-11:30 am Amanda/Erin	Women on Weights 12:00-1:00 pm (Registration Required) 2/7-3/28
	Open Studio 3:30-4:30 pm				Open Studio 3:30-9:00 pm	Open Studio 1:00-4:00 pm
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi					
	Pilates Yoga Fusion 5:15-6:00 pm Christine	Open Studio 3:30-5:15 pm	Open Studio 3:30-5:30 pm	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi		
	Women on Weights 6:15-7:15 pm (Registration Required) 2/2-3/23	Group Cycling 5:15-6:00 pm Shana	Cycle + Core 5:30-6:15 pm Shana	Open Studio 5:00-6:15 pm	Pop-up Family Drums Alive 6:00-6:45 pm Kat 2/20	
	HIIT 7:30-8:00pm Matthew	Pilates Yoga Fusion 6:15-7:15 pm Alanna	Barrelates 6:30-7:15 pm Danielle	Yoga 6:15-7:15 pm Jen		
	Open Studio 8:00-9:00 pm	Open Studio 7:15-9:00 pm	Open Studio 7:15-9:00 pm	Open Studio 7:15-9:00 pm		

GYM SCHEDULE FEBRUARY 2026



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 7:00-7:30 PM
OPEN GYM (½ GYM) 7:00-10:00 AM	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)		PICKLEBALL 9:30-9:55 AM (1 court)	
LEARN TO PLAY PICKLEBALL 2/1 & 2/8 (Registration Required) 10:00-11:00 AM	OPEN GYM (½ GYM) 9:30-12:00 PM	OPEN GYM (½ GYM) 8:30-8:55 AM	CORE & RESTORE 9:15-9:45 AM	OPEN GYM 8:30-9:55 AM	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM	JR. CAVS (Starting 2/14) 7:30-2:30 PM
	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			
	ZUMBA® 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	OPEN GYM (½ GYM) 11:00-12:00 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	OPEN GYM 11:30-1:00 PM	
OPEN GYM 11:00-5:45 PM *½ Gym may be used for Birthday parties from 1:00-5:00 pm.	OPEN GYM 12:00-1:30 PM	CORE & RESTORE 11:45-12:30 PM	LINE DANCING 11:00-11:45 AM	CORE & RESTORE 11:45-12:30 PM	ADVANCED PICKLEBALL 1:00-3:00 PM	OPEN GYM 2:30-7:45 PM *½ Gym may be used for Birthday parties from 2:00-5:00 pm *Open Gym will be restricted to ½ Gym from 4:30-7:30 pm due to Kids Night Out. 
	ADVANCED PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:30-1:30 PM	ENHANCE FITNESS® 12:00-12:45 pm Amanda	OPEN GYM 12:30-1:30 PM		
	OPEN GYM 3:00-5:30 PM	PICKLEBALL 1:30-3:00 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:00-3:00 PM	PICKLEBALL 1:30-3:00 PM	OPEN GYM 3:00-8:00 PM *Open Gym will be restricted to ½ Gym from 6:00-9:00 pm due to Parents Night Out.	
	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM	OPEN GYM 3:00-5:15 PM	OPEN GYM 3:00-4:30 PM	OPEN GYM 3:00-5:15 PM		
	TRX CIRCUIT (½ GYM) 5:30-6:00 PM	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM	LES MILLS BODYCOMBAT (½ GYM) 4:30-5:15 PM	PRESCHOOL SOCCER (½ GYM) 5:30-6:15 PM		
		YOUTH FLOOR HOCKEY (½ GYM) 6:30-7:15 PM	OPEN GYM (½ GYM) 4:30-6:30 PM	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM		
	OPEN GYM (½ GYM) 6:00-7:30 PM	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM	YOUTH BASKETBALL SKILLS (½ GYM) 6:30-7:15 PM		
	JR. CAVS PRACTICE 7:30-8:30 PM	Jr. Cavs Practice (½ GYM) 5:30-7:30 PM	ZUMBA (½ GYM) 6:30-7:15 PM	JR. CAVS PRACTICE 7:30-8:30 PM		
		JR. CAVS PRACTICE 7:30-8:30 PM	JR. CAVS PRACTICE 7:30-8:30 PM			
	18+ ADULT/FAMILY OPEN GYM* 8:30-9:45 PM	18+ PICKLEBALL* 8:30-9:45 PM (3 Courts)	18+ ADULT PICK-UP BASKETBALL* 8:30-9:45 PM	18+ PICKLEBALL* 8:30-9:45 PM (3 Courts)		

* 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.