



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 6:45-7:30 am Denise	NEW Les Mills Bodypump® 6:15am-7:15am Melissa	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	Les Mills Bodypump® 10:00am-11:00am Joanna	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
<p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p>	SilverSneakers Yoga® 11:00-11:45 am Tammy	Les Mills BodyBalance® 11:15am-12:00pm Joanna	Pilates 11:00-11:30am Danielle	POP UP Les Mills Bodypump® 11:00am-11:50am Joanna	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	POP UP Les Mills Core 12pm-1230pm Joanna	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	
			Les Mills Body Combat 4:30-5:15 pm TJ (½ Gym)	Strength & Conditioning 4:30-5:05 pm Jeannine		
	TRX Circuit 5:30-6:00 pm Matthew (½ Gym)	Barre 5:15-6:00 pm Danielle	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	
	Cardio Step 5:30-6:00 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	
	Yin Yoga 6:15-7:15 pm Jen	Ballroom Dance 7:30-9:00 pm	Les Mills Bodypump® 7:15-8:00 pm Jenna			

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 MARCH 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Studio 7:00-8:00 am	Group Cycling 5:15-6:00 am Alena					
Group Cycling 8:00-8:45 am Jennifer	Open Studio 6:00-9:00 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
Barre 10:00-10:45 am Erin	Group Cycling 9:00-9:45 am Hans	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	Interval Training 10:00-10:45 am Lindsay	Open Studio 8:45-11:00 am	TRX Circuit 10:00-10:45 am Brianna	Yoga 9:00-9:45 am Denise	Group Cycling 9:00-9:45 am Jamie	Yoga 9:30-10:30 am Kat
	Tai Chi Beginner/Intermediate 11:00-11:45 am Gene		Enerchi 11:00-11:30 am Tammy		Interval Training 10:00-10:45 am Lindsay	Women on Weights 10:45-11:45 am (Registration Required) 2/7-3/28
	Open Studio 3:30-4:30 pm				TRX Express 11:00-11:30 am Erin	Open Studio 12:00-4:00 pm
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi			Open Studio 3:30-4:30 pm		
	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	Open Studio 3:30-9:00 pm	
	Strength & Conditioning 6:15-7:00 pm Jeannine	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 Fit Obstacle Course w/ Kat 3/20 at 6pm	
	HIIT 7:30-8:00pm Matthew	Pilates Yoga Fusion 6:15-7:15 pm Alanna	Zumba 6:30pm-7:15pm Kelly L	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		

LOCKPORT YMCA GYM SCHEDULE - March 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 7:00-7:45 AM
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 10:00-11:00 AM (Registration Required)	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 7:45-2:30 PM
			OPEN GYM (½ GYM) 9:45-10:10 AM			
OPEN GYM 11:00-5:45 PM	BOOM MUSCLE® 10:15-10:45 AM	TRX CIRCUIT 9:00-9:45 AM	BOOM MUSCLE® 10:15-10:45 AM	BOOM MOVE® 10:00-10:30 AM	SILVERSNEAKERS STABILITY® 11:00-11:30 AM	OPEN GYM 2:30-7:45 PM
		BOOM MOVE® 10:00-10:30 AM	OPEN GYM (½ GYM) 11:00-12:00 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM		
	ZUMBA® 11:00-11:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	LINE DANCING 11:00-11:45 AM	CORE & RESTORE 11:45-12:30 PM	OPEN GYM 11:30-1:00 PM	
	OPEN GYM 12:00-1:30 PM	CORE & RESTORE 11:45-12:30 PM	ENHANCE FITNESS (Registration Required) 12:00-12:45 PM	OPEN GYM 12:30-1:30 PM	ADVANCED PICKLEBALL 1:00-3:00 PM	
	ADVANCED PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:30-1:30 PM	PICKLEBALL FOR BEGINNERS (non-instructional) 1:00-3:00 PM	PICKLEBALL 1:30-3:00 PM		
	OPEN GYM 3:00-5:30 PM	PICKLEBALL 1:30-3:00 PM	SPOKES PROGRAM (½ GYM) 3:00-5:00 PM	OPEN GYM 3:00-5:15 PM	OPEN GYM 3:00-8:00 PM	
	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM	OPEN GYM 3:00-5:15 PM	LES MILLS BODYCOMBAT (½ GYM) 4:30-5:15 PM	PRESCHOOL SOCCER (½ GYM) 5:30-6:15 PM		
	TRX CIRCUIT (½ GYM) 5:30-6:00 PM	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM	JR. CAVS PRACTICE (½ GYM) 5:30-7:30 PM		
	OPEN GYM (½ GYM) 6:00-7:30 PM	YOUTH PICKLEBALL (½ GYM) 6:30-7:15 PM	OPEN GYM (½ GYM) 4:30-7:30 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	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)	18+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 PM	

*½ Gym may be used for Birthday parties from 1:00-5:00 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.

*Open Gym will be restricted to ½ Gym from 6:00-9:00 pm due to Parents Night Out.



* 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.